

Talking About Suicide

Use the word SUICIDE when talking to the teenager you believe is at risk.

Saying the word does not give them the idea of suicide, but gives them the idea that someone recognizes they are struggling and is there for them.

Evidence has shown that talking about suicide and following up with loved ones are some of the actions we can take to help reduce teen suicide.

Warning Signs

Preoccupation with death

Hopelessness

Feelings of worthlessness

Giving away prized possessions

Saying goodbye

Sudden sense of calm and happiness

Withdrawing from others

Self-destructive behavior

Risk Factors

Depressive disorder

Substance abuse

Previous suicide attempts

Self-injury

Chronical physical illness or disability

Impulsivity

Poor problem solving

Stress

Family issues

Exposure to other suicides

Bullying

TEEN Suicide FACT SHEET

If a suicide attempt seems imminent, call a local crisis center, dial 911, or take the person to an emergency room.

How to Respond

Express concern

Listen

Follow up

Offer support

Validate their feelings

Take them seriously

Question if they are feeling suicidal

Don't keep it a secret, seek out help if necessary

Suggest professional help: counselor, pastor, emergency room

Make a safety plan

Remove potential means of suicide: drugs, guns, knives, and other potentially lethal items

Don't leave a suicidal person alone

TEEN Suicide RESOURCES

If a suicide attempt seems imminent, call a local crisis center, dial 911, or take the person to an emergency room.

Hotlines

National Suicide Prevention Lifeline

Suicide prevention telephone hotline funded by the U.S. government. Provides free, 24-hour assistance. **1-800-273-TALK (8255)**.

National Hopeline Network

Toll-free telephone number offering 24-hour suicide crisis support.
1-800-SUICIDE (784-2433).

The Trevor Project

Crisis intervention and suicide prevention services for lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth.
24/7 Hotline: 1-866-488-7386.

N.H. Department of Health & Human Services

State Suicide Prevention Council Bureau of Population Health & Community Services.
(603) 271-4526.

N.A.M.I. – National Alliance on Mental Illness.

N.H. Hotline number: **800-242-6264**

American Foundation for Suicide Prevention

AFSP is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death. **afsp.org**

Facts & Statistics

2nd leading cause of death in 10-24 year olds

Average of 5 deaths a day

Since 2000, suicide rates have risen 28%

Suicide rates for teenage girls at a 40 year high

4 out of 5 teens who attempt suicide have given clear warning signs

Risk Assessment

The following questions can help you assess the immediate risk for suicide:

PLAN: Do you have a suicide plan?

MEANS: Do you have what you need to carry out your plan? (pills, gun, etc.)

TIME SET: Do you know when you would do it?

INTENTION: Do you intend to commit suicide?

Mobile Apps

MY3

Use the MY3 app to create a safety plan so you'll be prepared to help yourself and reach out to others when you are having thoughts of suicide.

my3app.org

RUOK: 0-H-I-O

This app will tell you where the nearest suicide prevention hotline is to where you're calling.

Find on iTunes

Operation Reach Out

This app is aimed at preventing suicide among military personnel, veterans and families. Includes video vignettes and a personal contact help center.

militaryfamily.com

These resources were prepared by the Diocese of Manchester and Catholic Charities New Hampshire. catholicnh.org/teensuicide