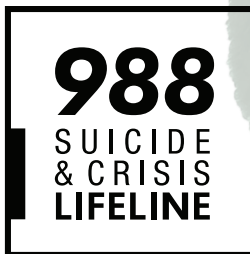


What to Do:

- Take the risk factors and signals seriously. If you think someone is considering suicide, ASK HIM OR HER "Are you suicidal?" or "Do you want to kill yourself?" If the answer is "yes," GET HELP.
- Talk, offer help and most importantly, LISTEN.
- Teens need reassurance that someone cares. Show interest in the person and be supportive. Let the person know that help is available.
- Trust your instincts. If the situation seems serious, seek prompt help.
- Talk directly about suicide and get specifics. The more specific the plan, the greater the risk.
- Treatment for depression and suicidal tendencies is of utmost importance. Alert key adults— family, friends, teachers, or coaches. Seek professional help. (For resources, see the back of this brochure.)



Where to get help:

For additional information on suicide in Alabama, contact the Alabama Department of Public Health.

www.alabamapublichealth.gov/suicide

ALABAMA PUBLIC HEALTH

Saving Teen & Young Adult Lives in Alabama



The Facts about Teen Suicide

- Nationally, suicide is the 10th leading cause of death for all ages and the 2nd leading cause of death for youth and young adults between the ages of 10-34 year olds.
- Everyday, 17 young people die by suicide. That's one every eleven minutes.
- Youth who drink alcohol are more likely to experience higher risk of suicide and homicide.

In Alabama:

- There are more suicides than murders in Alabama each year.
- In 2018, 116 people ages 10-24 died by suicide in Alabama.

Suicide is never caused by a single event. It is the result of many factors over a period of time.

PRESSURES such as unrealistic academic, peer, social or family expectations can create a strong sense of rejection and can lead to deep disappointment.

HIGH-RISK BEHAVIORS such as substance abuse, unsafe sexual behavior, reckless spending, or self-injury behaviors are ways that some young people cope with feelings of depression or loneliness.

ISOLATION OR WITHDRAWAL can also be a coping strategy for the suicidal youth making them even more susceptible to loneliness and depression.

Warning Signs:

- Previous suicide attempts
- Giving away prized possessions or putting affairs in order
- Themes of death or depression
- Recent loss of friend or family member, through divorce, death, or suicide
- Use or increased use of drugs and/or alcohol
- Access to a firearm or other potentially lethal means of suicide
- Talking about, making plans, or threatening suicide
- Withdrawal or isolation from friends or family
- No longer interested in favorite activities or hobbies

