

Teen Suicide Prevention & Awareness



*Speak Up Reach Out
You're Not Alone*



Please click link and
watch this video

<https://www.youtube.com/watch?v=3BByqa7bhto>

Continue with power point

Statistics...

- ▶ **More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease, COMBINED. Each day in our nation, there are an average of over 3,041 attempts by young people grades 9-12.**

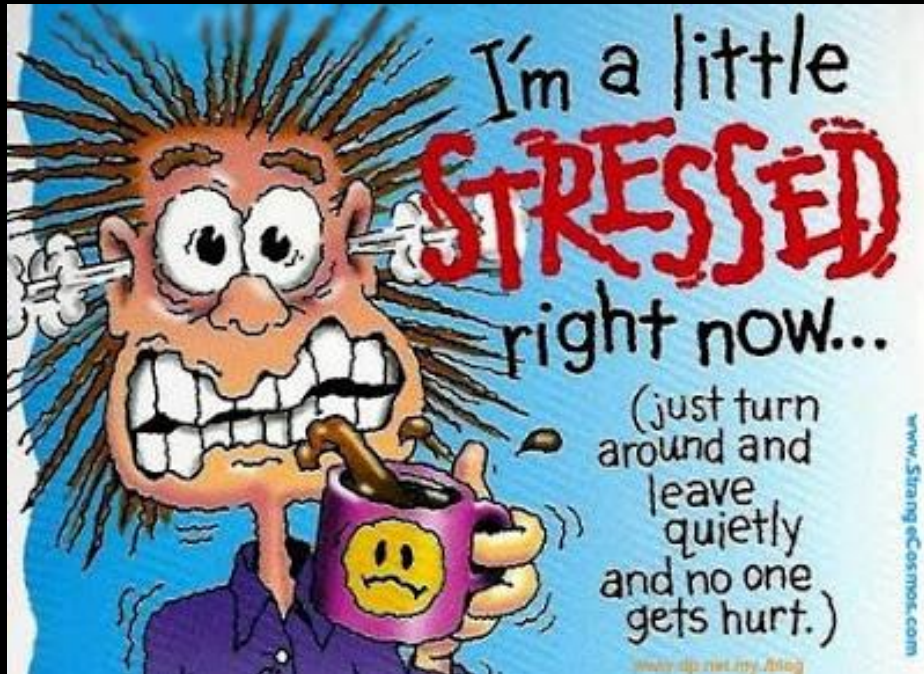
More Statistics...



-Female students (30.4%), were more likely than male students (18.3%) to have **thought seriously about suicide.**

- Female students (11.9%) were more likely than male students (5.6%) to have **attempted suicide.**

Some of the common causes of stress that effect teens are...



- ▶ School/Grades
- ▶ Family/Parents
- ▶ Friends
- ▶ Extracurricular Activities
- ▶ Homework
- ▶ Personal Relationships
- ▶ College Worries
- ▶ Appearance
- ▶ Work \$\$\$

Signs of Depression

- Poor grades
- Withdrawal from friends (“I’m just not in the mood to go out tonight”)
- Sadness, hopelessness
- Lack of enthusiasm, energy or motivation



Signs of Depression



- Extreme anger, over-reaction to criticism
- Feeling like a failure
- Poor self-esteem, guilt
- Lack of focus, restlessness
- Changes in eating/sleeping habits

Warning Signs of Suicide



- Giving away possessions
- Changes in eating/sleeping habits
- Sudden , major behavior OR personality change
- Use of drugs/alcohol
- Risky behavior

Warning Signs of Suicide

- Expressing feelings of worthlessness, despair
- Expressing a wish to die
- Poems, essays, or drawings that refer to death
- Talking about death and dying



What Can YOU Say?



- “I’m glad you told me, I want to help”
- “I’m going to find someone to help you”
- “I will stay with you until help arrives”
- “I care about you”
- “Let’s go see the Counselor”

What NOT to Say...



- “It’s just a phase”
- “You’ll snap out of it”
- “Stop being so selfish”
- “You’re just trying to get attention”
- “Get over it”

Steps teens can take

- Take your friend's actions seriously
- Encourage your friend to seek professional help, accompany if necessary
- Talk to an adult you trust. Don't be alone in helping your friend.
- Don't keep the secret
- Remind them that you care about them

Take the first step...



**Talk to your Counselor if you are
considering suicide or know
someone that is...**



National Suicide Prevention Lifeline: 1-800-273-TALK



Also check out these
websites...

TeenHelp.org
help.org



Reach out....

