

Suicide is Preventable!

Know the Possible risk factors

Depression/Mental Illness
Childhood Trauma
Relationship Issues
Family History of Suicidal Behaviors
Significant Stress
Significant Loss
Self-Injury

STATISTICS:

- Suicide is the second leading cause of injury death among young people in NC
- North Carolina loses more than 130 youth each year to suicide
- More than 1 in 10 high school students have attempted to die by suicide
- On average, WCPSS loses 2 students yearly to suicide

IS IT A MYTH?

MYTH: Young people who talk about suicide never attempt or die by suicide.

FALSE: Talking about suicide can be a plea for help or a warning that they are thinking about suicide.

MYTH: Talking or asking your child about suicide will increase the chance that they will make an attempt.

FALSE: Talking allows the child to discuss their fears and concerns. «

MYTH: Most suicides happen without warning.

FALSE: It is more likely that the warning signs were not recognized. «

MYTH: Young people do not die by suicide.

FALSE: Children in elementary school have died by suicide. «

WARNING SIGNS:

- Verbal or written threats of suicide
- Recent suicide/death of a friend or relative
- Changes in personality
- Previous suicide attempts
- Sleep disturbances
- Depression or other forms of mental illness
- Changes in eating habits
- Drop in school performance
- Use of drugs or alcohol
- Self-Injury (High Risk Behaviors)
- Giving away possessions
- Feelings of hopelessness or helplessness
- Themes of suicide, death, or depression in essays or artwork
- Withdrawal family, friends, or prior interests

FOR EMERGENCY MEDICAL TREATMENT:

||

OR

Go to your
local hospital

WHAT TO DO:

- Listen and express concern in a non-judgmental way
- Trust your suspicions that your child may be in danger
- Take action! Get them connected to a professional
- Ask questions openly (“Do you have a plan to hurt yourself? Will you talk to someone who can help?”)
- Show you care; stay calm and remove all potential methods for suicide such as guns, pills, etc.
- Take all threats seriously
- Stay with your child, don’t leave them alone

DON'T WAIT... time plays an important role in saving a life.
Below are local and national resources on depression and suicide prevention:

National Suicide Hotline (24 hours)

1-800-TALK

Lifeline (24 hours): 1-800-273-8255

www.itsok2ask.com/

Hopeline

Over the phone crisis counseling and suicide intervention

24 Hour Crisis Line: (919) 231-4525

Holly Hill Hospital

Emergency mental health services

24 Hour Crisis Line: (919) 250-7000

UNC Crisis and Assessment (young children)

Emergency mental health services (located in Chapel Hill)

Crisis Line: (919) 966-4131 «

Strategic Behavioral Center (ages 12-17)

Emergency mental health services

24 Hour Crisis Line: (919) 800-4400

UNC Crisis and Assessment At WakeBrook

Emergency mental health services (located in Raleigh)

24 Hour Crisis Line: (984) 974-4830

Alliance Behavioral Health

Mental Health options phone: (919) 651-8500 (8:30-5:15 M-F) «

Therapeutic Alternatives, Inc. «

Mobile Crisis Service for adults and children «

24 hour Crisis Line: 1-877-626-1772 «

Mobile Unit: 919-799-0701 «

American Association of Suicidology

www.suicidology.org

American Foundation for Suicide Prevention

www.afsp.org