

SUICIDE AWARENESS: WAKE COUNTY

FACTS

FACT: Your child talking about suicide can be a plea for help or a warning they are thinking about suicide.

FACT: Asking your child direct questions like "Are you thinking about suicide?" or "Do you want to hurt yourself?" will minimize anxiety and shame and can act as a deterrent to suicide attempts.

FACT: Most suicides do not happen without warning. It is more likely the warning signs were not recognized.

FACT: No child is immune to the risk of suicide.

WARNING SIGNS

- Verbal/written threats of suicide
- Extreme mood swings
- Anxious/agitated/aggressive behavior
- Expressed feelings of hopelessness
- Previous suicide attempts
- Changes in eating and sleeping
- Sudden drop in school performance
- Increased use of drugs or alcohol
- Self-Injury
- Giving away possessions
- Preoccupation with death
- Talking about being a burden to others
- Withdrawing or isolating themselves

RISK FACTORS

- History of mental illness ex. depression/anxiety
- Alcohol/substance use disorders
- Impulsive and/or aggressive tendencies
- History of trauma and/or abuse
- Major physical illnesses
- Previous suicide attempts
- Someone they know died by suicide
- Loss of relationship(s)
- Access to lethal means (guns & pills)
- Local clusters of suicides
- Lack of social support

TAKE ACTION

If you have any reason to believe your child is in **IMMEDIATE** danger call 911

1. Ask if they are ok or if they are having thoughts of suicide
2. Express your concern about what you are observing in their behavior
3. Listen attentively and non-judgmentally, avoid being accusatory
4. Reflect on what they share and let them know they have been heard
5. Tell them they are not alone & do not leave them alone
6. Let them know there are treatments available that can help
7. Guide them to professional help

SAFETY TIPS

1. Use technology to your benefit (ex: phone locator app)
2. Give your child time away from social media by keeping child's cell phone/tablet overnight
3. Take threats seriously
4. Talk to your child/have family time
5. Set limits & expectations for your child
6. Get your child drug tested if you suspect
7. Search their room and possessions if you suspect drug use
8. Be their parent, not their friend
9. Maintain communication with the school

STATISTICS

- Suicide is the 2nd leading cause of death (ages 10-14)
- In NC, on average, one person dies by suicide every 6 hours
- Access to a gun increases the risk of death by suicide by three times

SUICIDE PREVENTION RESOURCES

Wake County Public School System



EMERGENCY SERVICES

Holly Hill Hospital Emergency
mental health services
24/7 Telephone: (919) 250-7000

24/7 UNC Crisis and
Assessment at WakeBrook
(Raleigh): Emergency mental
health services
Emergency Number: (984) 974-4800

UNC Crisis and Assessment (child +
adolescent) Emergency mental health
services (Chapel Hill)
To obtain an appointment, call (984) 974-2199

Mobile Crisis Services 24/7
Phone: 1-877-626-1772

Any local Emergency Room
(Wake Med, Rex, Duke Raleigh)

CRISIS HOTLINES

National Suicide 24/7 Hotline
1-800-SUICIDE

Suicide Prevention Lifeline 24/7
1-800-273-8255

Crisis Text Line
text "START" to 741-741

Hopeline Crisis Line call or text
919-231-4525 or **877-235-4525**

Hope Services Crisis Line:
919-417-2929

Trevor Project 24/7 Crisis Line
1-866-488-7386

Alliance Behavioral
Healthcare Hotline
1-800-510-9132

THERAPEUTIC OPTIONS

Alliance Behavioral Health 24/7
Crisis + Assessment
Center (800) 510-9132

Monarch NC, Wake County
Behavioral Health Urgent Care,
walk-in service (919) 703-2845

Carolina Outreach
Behavioral Health Urgent Care
walk-in-service (919) 251-9009

**Contact your private insurance provider
for your local options**

HELPFUL WEBSITES

American Association of
Suicidology: www.suicidology.org

American Foundation for Suicide Prevention:
www.afsp.org

Suicide Awareness Voices of Education
<https://save.org>

Trevor Project-LGBT Youth
<https://www.thetrevorproject.org>