

Mental Health Awareness

Some Warning Signs/ Risk Factors

- History of suicide in the family. Usually from a same sex parent.
- Difficulties in interpersonal relationships
- Trauma
- Being arrested/incarcerated/ disciplinary Crisis
- Failures/ Rejection
- Bullying
- Unusual family stress
- Physical/sexual abuse
- Perfectionism
- Previous attempt
- Substance Abuse
- Aggression/Rage/Hostility
- Fascination death/violence
- Sexual identity conflicts
- Depression

Resources

- SafeUT App
- 1-800-784-2433 (1-800-SUICIDE)

1-800-273-TALK (8255)

8 Questions about Teen Suicide You Should Know the Answers to

1. **How Prevalent is Suicide?** Suicide is very prevalent, especially for teenagers.
2. **OK, it's prevalent but don't teens talk about suicide to get attention?** People who talk about suicide more likely than not will attempt or complete suicide. Err on the side of caution.
3. **Will talking to my teen about suicide put the idea in his/her head?** Talking about suicide will not put the idea in someone's head. Rather, talking about it helps reveal the person's feelings. So, talk about suicide openly and matter-of-factly. Be empathetic and warm but direct.
4. **How do I talk to my teen about suicide?** Tell them you love them. Act like you love them. Tell them there will be difficult times in life, but that you'll be there for them when it happens. Explain how important it is to tell an adult if they are worried about a friend or feeling really down about themselves.

5. **What should you do if you suspect your child is suicidal?** Minimize the opportunity. If you have a gun, lock it away. If you have prescriptions, lock them away. Call a support center in your area. Take child to the emergency room. If there is a plan in place, call 911. Talk to the child's friends and siblings.

6. **What happens in a suicide assessment?** The assessor will ask about risk factors and ask if they have a plan. They will ask the individual if they believe their plan can result in death. They will also ask if they are looking forward to something. From here the assessor will

decide how at risk the individual is for attempting suicide.

7. **What happens after the suicide assessment?** A professional decision will be made. The professional will either send the child to the hospital or send them home with a safety plan. The safety plan will minimize the opportunity and include a crisis hotline the child can call anytime. The professional will call and follow up with the child.

8. **How long will it be until my suicidal teen is better?** Do not relax. The most dangerous time

is 3 months after they start feeling better. Depression and suicidal thoughts happen in waves.