SUICIDE AWARENESS INFORMATION

Below are some helpful tips and information about teen suicide, statistics, information, what a parent can do as well as resources. The School Counseling Department here at Southmont Schools is here to support your student and your family in any way we can. We provide this information as well as support to you when needed. If your student seeks out medical or professional help we ask that you make us aware and consider signing a Release of Information that allows us School Counselors to speak to your therapist, which can make for a more well-rounded treatment for your student.

**Statistics**

* Suicide is the SECOND leading cause of death for ages 10-24. (2015 CDC WISQARS)
* Suicide is the SECOND leading cause of death for college-age youth and ages 12-18. (2015 CDC WISQARS)
* 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 3,470 attempts by young people grades 9-12. If these percentages are additionally applied to grades 7 & 8, the numbers would be higher.
* Four out of Five teens who attempt suicide have given clear warning signs

**Common Myths**

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| People who talk about suicide won’t really do it. FALSE | If a person is determined to kill himself/herself nothing will stop them. FALSE |
| Talking about suicide may give someone the idea. FALSE | People who attempt suicide and do not complete suicide are just trying to get attention and are not really serious. FALSE |

**What can a parent do?**

You can make a difference and help us fight the “Silent Epidemic” of Youth Suicide. Below is a list of things you can do in your own community to make a difference.

* Educate yourself about the magnitude of the problem, the signs of concern and the tools of prevention.
* Encourage your local service organizations, churches and community centers to become aware of the problem of youth suicide and its prevention opportunities.
* Watch and listen to your children and pay attention to sudden changes in behavior that cause you concern.
* Be willing to seek professional help and guidance if you feel your child is becoming depressed or contemplating hurting him/herself.
* Talk openly and honestly with your child or your child’s friends about your concerns and be supportive in helping them cope with their feelings.
* **IMPORTANT: You can contact your local school’s guidance / counseling department for assistance in addressing any concerns you have about a young person’s safety. They will be able to guide you to local resources that may be available to help also.**
  + **You can also contact the National Suicide Prevention Lifeline at 1-800-273-Talk (8255) for help and assistance. If an emergency- Call 911**

Do’s & Don’ts

* DO be prepared to talk about suicide
* DO remain calm
* DO be prepared to act
* Do NOT try to play the hero
* Do NOT promise confidentiality
* Do NOT fall into the “not my child” syndrome

Resource:

<http://prp.jasonfoundation.com/what-a-parent-can-do/resource-library/>

http://suicidepreventionlifeline.org

Suicide Prevention Hotline: 1-800-273-TALK (8255) – You can give this number to your student. They can call to speak with a counselor any time they are feeling down/depressed/suicidal and someone will answer 24/7.