



Teen Suicide

Preventing Tragedy





Suicide and Teenagers

Some teenagers feel so much pain and so little hope that ending their life seems like the only choice. Any suicide is a painful and shocking experience for friends, family, and the community — certainly more so when it is a young person. But there is hope. Suicide is preventable. The first step is reaching out for help.

Facts about Teen Suicide

FACT Suicide is the second-leading cause of death for 10–24-year-old youth

FACT 4,600 young people die from suicide each year

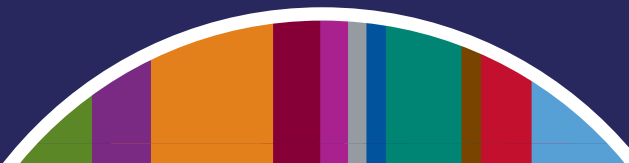
FACT Four times as many boys die from suicide than girls

FACT About 1 in 6 high school students think about killing themselves



Kids at Risk

- ▶ History of suicide attempts
- ▶ Family history of suicide
- ▶ History of depression or other mental illness
- ▶ Alcohol or drug use/abuse
- ▶ Stressful life event or loss
- ▶ Struggling with sexual orientation
- ▶ Easy access to deadly methods
- ▶ Awareness of suicidal behavior in others
- ▶ Imprisonment
- ▶ History of child abuse, bullying, or sexual violence
- ▶ Lack of problem-solving skills
- ▶ Sexual minority youth





Warning Signs

- ▶ Talking about suicide or wanting to die
- ▶ Feeling hopeless and/or being depressed
- ▶ Feeling helpless, as if no one understands or can help
- ▶ Sleeping more or less than normal
- ▶ Increased use of drugs and alcohol
- ▶ Running away from home or trouble with the police
- ▶ Isolating; avoiding friends and family
- ▶ No longer enjoying activities
- ▶ Anger or aggression that seems out of character
- ▶ Increasingly stressed or short-tempered



What You Can Do

TIP Listen, but do not judge when your child talks.

TIP Ask your teen/tween if they are thinking about killing themselves or feel like they want to die. Talking about it is the first step to getting help and feeling better.

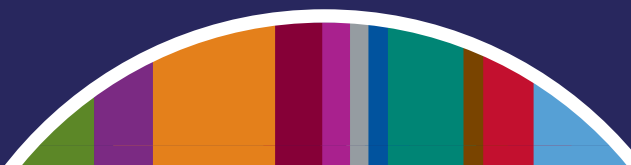
TIP Show and tell them that you care about them.

TIP Stay with them until you can get help. If you need to leave to get help, have someone you trust stay with them in a safe place.

TIP Put away medications, sharp objects, and especially guns.

TIP If you are afraid that they are going to hurt themselves right away, call 911.

Adapted from www.samhsa.gov/suicide-prevention

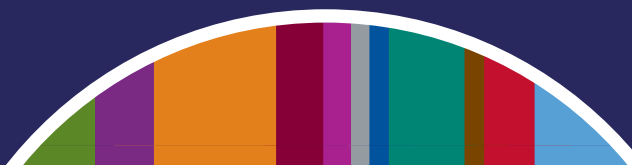




Where to Find Help

If you or someone you know needs help:

- ▶ Massachusetts Emergency Services Programs at (877) 382-1609
- ▶ The National Suicide Prevention Lifeline at 1-800-273-TALK (8255)
- ▶ Samaritans Statewide Hotline call or text 24/7 to (877) 870-4673
- ▶ Call2Talk at (508) 532-2255 or text C2T to 741741
- ▶ The Trevor Hotline for LGBTQ youth at 866-4-U-TREVOR ((866) 488-7386)
- ▶ Massachusetts Coalition for Suicide Prevention at (617) 297-8774
- ▶ American Foundation for Suicide Prevention www.afsp.org/i-am/worried-about-someone
- ▶ Massachusetts Department of Public Health www.mass.gov/dph/suicideprevention
- ▶ American Association of Suicidology www.suicidology.org



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