

Preventing Youth Suicide

Warning Signs of Suicide

- Direct threats of suicide such as “*I am going to kill myself*”.
- Indirect threats of suicide such as “*I wish I could fall asleep and never wake up.*”
- Seeking out ways to die or kill oneself.
- Talking about feeling trapped or in unbearable pain.
- Displaying mood swings, showing rage or talking about seeking revenge.
- Prior indicated risk of suicidal or prior suicidal behavior.
- Suicidal posts, plans, notes, or messages.
- Deliberate self-injury such as running into traffic, jumping from heights, or cutting/scratching/markings the body.
- Unusual changes in behavior, appearance, feelings, or actions.

The more of these signs, the greater the risk.

NASP, 2015 and National Suicide Prevention Lifeline, 2018

What to Do if Warning Signs Exist

- Try to remain calm.
- Provide constant supervision, do not leave the person alone.
- Remove any firearms, alcohol, drugs, or sharp objects that could contribute to a suicide attempt.
- Ask: “*Are you thinking about suicide?*”
- Listen and focus on concern for the person in non-judgmental tones and words.
- Seek immediate support from your pediatrician, community mental health provider, local police mental health team, or hospital. You may also phone **1-800-273-8255** 24/7 for immediate support.

NASP, 2015 and National Suicide Prevention Lifeline, 2018

Suicidal Risk Factors

Individual level: history of depression and other mental illnesses, hopelessness, substance abuse, certain health conditions, previous suicide attempt, violence, victimization and perpetration, and genetic and biological determinants.

Relationship level: high conflict or violent relationships, sense of isolation and lack of social support, family/loved one's history of suicide, stress at work, school, or with finances.

Community level: inadequate social or community connections, barriers to or lack of health care.

Social level: availability of lethal means of suicide, unsafe media portrayals of suicide, stigma associated with help-seeking and mental illness.

CDC, 2017

Suicidal Protective Factors

- Implement “*Safe Storage Practices*” including locking drugs/medicines, guns/weapons, sharp objects.
- Teach, model, and reinforce resiliency skills such as coping strategies, conflict resolution, critical thinking, and emotional expression skills.
- Participate in parent/child relationship-building programs that enhance positive parent/child interactions and improve child's behavioral, social, and emotional skills and abilities.
- Work with professionals to help the person at risk create a safety plan.
- When talking, blogging, commenting, social networking about suicide, include stories of hope, resiliency, and coping skills as well as the warning signs and links to treatment, services, and helplines.

CDC, 2017

SUICIDE INTERVENTION RESOURCES:

FAMILY SERVICE AGENCY OF BURBANK (FSA): **1-818-845-7671**

<http://familyserviceagencyofburbank.org/>

BURBANK POLICE MENTAL HEALTH EVALUATION TEAM (MHET): **1-818-238-3000**

CALIFORNIA MENTAL HEALTH SERVICES AUTHORITY

<http://www.suicideispreventable.org/?know-the-signs> **1-800-273-255**

LA CHAPTER, AMERICAN FOUNDATION FOR SUICIDE PREVENTION, **1-424- 327-7101**

<https://afsp.org/chapter/afsp-greater-los-angeles/>

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH: **1-800-854-7771**

<http://dmh.lacounty.gov/wps/portal/dmh>

NATIONAL SUICIDE PREVENTION LIFELINE **1-800-273-8255**

<https://suicidepreventionlifeline.org/>

TEXT: START 741741

SOCIETY FOR THE PREVENTION OF TEEN SUICIDE **1-732-410-7900**

<http://www.sptsusa.org/>

TEEN LINE **1-310-855-4673**

<https://teenlineonline.org/>

THE TREVOR PROJECT **1-866-488-7386**

<https://www.thetrevorproject.org/>

FOR MORE RESOURCES: <https://www.burbankusd.org/District/Department/Wellness-Programs-and-Services>