Welcome to today’s Infopeople Webinar!

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Mental Health Statistics in the U.S.

- 21% of youth 13-18 live with a mental health condition
- 90% who die by suicide had an underlying mental illness
- Average delay between onset of symptoms and intervention is 10 years

HOW CAN WE HELP?

Know the signs & start the conversation!

Teen Suicide Prevention: How to Listen, Assess, and Guide Teens in Their Time of Need

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Teen Suicide Prevention: How to Listen, Assess, and Guide Teens in Their Time of Need

Real stories of hope and help...

Ginger, 16

https://youtu.be/ErA_njiTA4

Myth or Fact?

▌Suicide usually occurs with no warning signs.

▌MYTH!

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Myth or Fact?

- People who take their own life are weak and just looking for “attention.”
  - MYTH!

Myth or Fact?

- Asking someone if they are thinking about suicide will put the idea in their head.
  - MYTH!

Suicide Specific Information

- Not everyone who thinks about suicide makes an attempt
- 17% of high school students report seriously considering suicide
- Suicide is the 2nd leading cause of death among 10-24 year olds

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Risk Factors for Suicide

- Previous suicide attempts
- Recent loss
- Access to guns
- Suicide and/or mental illness in family
- Abuse & bullying
- Stress resulting from prejudice/discrimination – LGBTQ+
- Stigma around mental illness & asking for help
- Alcohol or drug abuse

A Better Understanding

Stressors

Depression
Bullying
Identity
Family
Loss
School
BF/GF
Friends

Tunnel vision

Helpless
No way out
Pain
Alone
Hopeless

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Buffers/Protective Factors

- “Permission” to talk about feelings
- Someone to talk to who will really LISTEN
- Responsibility to the community
- Connectedness – to individuals, family, community & social institutions
- Problem solving skills – ability to adapt to change
- Religion

How Can You Help?

Ask! Are you thinking of killing yourself?

- I’m really concerned for your safety. Are you thinking of killing yourself?
- When people are feeling extremely upset, they can have thoughts of suicide. Is this something you’ve been thinking about?
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What if they say YES?

ASSESS!

- Do you have a plan?
  - Is it realistic and/or easily accessible?
  - Do you have a specific time frame?
- Have you attempted before?
If they answer YES, call 911 or the PET team.
If they answer NO, professional help should be obtained ASAP.

Do and Don’ts with Suicidal Teens

- Be comfortable with the word “suicide.”
- Know how to assess for plans, means, lethality, etc.
- Safety Plan - Involve collaterals as much as possible (including school, siblings, etc)
- Don’t promise to keep their suicidal thoughts a secret.
- No debates about the moral aspects of suicide.
- Let the teen know in advance if you plan to involve others.

If they’re not suicidal, but you’re still concerned....

- Talk and LISTEN to them.
- Let them know you appreciate their sharing
- Connect with parents (if appropriate)
- Give them opportunities to shine
- Provide resources
- Take care of yourself

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