In CT, suicide is the second leading cause of death for college students and the third leading cause of death for youth ages 10 - 17 and young adults ages 18 - 24 (CDC, 2010).

The 2009 Connecticut School Health Survey of 9th - 12th graders found that in the past 12 months:

- 25% of youth felt sad or hopeless almost every day for 2 or more weeks in a row so that they stopped doing some usual activities
- 14.1% of students seriously considered attempting suicide
- 11% of students made a plan about how they would attempt suicide
- 7.4% of students actually attempted suicide one or more times

### RISK FACTORS

Risk factors are stressful events, situations, and/or conditions that are associated with greater potential for suicide and suicidal behavior. According to the Surgeon General, these include but are not limited to:

- Alcohol and/or substance abuse
- Past suicide attempts
- Traumatic loss
- Impulsive and/or aggressive tendencies
- Easy access to lethal methods, especially guns
- Significant disappointment, humiliation, or loss of status (e.g. break-up, arrest)

### SOURCES

For help, these people and places can offer assistance:

- Family Member/Friend
- Faith-based Support
- Teacher/Coach
- School Counselor
- Mental Health Clinician
- Employee Assistance Program
- Emergency Room

### THE SOLUTION

Ways to be helpful to someone who is threatening suicide:

- **Be direct.** Talk openly and matter-of-factly about suicide.
- **Be willing to listen.** Allow expressions of feelings. Accept the feelings.
- **Be non-judgemental.** Don’t debate whether suicide is right or wrong, or whether feelings are good or bad. Don’t lecture on the value of life.
- **Get involved.** Become available. Show interest and support.
- **Don’t dare** him or her to do it.
- **Don’t act shocked.** This will put distance between you.
- **Don’t be sworn to secrecy.** Seek support.
- **Offer hope** that alternatives are available, but do not offer thoughtless reassurance.
- **Take action.** Remove any means, such as guns or stockpiled pills, or get help to do so.
- **Get help** from a trusted source and/or by calling the Suicide Prevention HELP! Line 24 hours a day at 1-800-273-TALK(8255) or in CT call 211.

Suicide is Preventable
EMPS Crisis Intervention Services
Dial 2-1-1

PREVENTSUICIDECT.ORG
SUICIDE IS PREVENTABLE.

FOR MORE INFORMATION ABOUT YOUTH SUICIDE:

NATIONAL RESOURCES
Active Minds
www.activeminds.org
American Association of Suicidology
www.suicidology.org
American Foundation for Suicide Prevention
www.afsp.org
Suicide Prevention Action Network
www.spanusa.org
Centers for Disease Control and Prevention
www.cdc.gov/violenceprevention/suicide/index.html
JED Foundation
www.jedfoundation.org
National Alliance on Mental Illness (NAMI)
www.nami.org
National Hopeline
1-800-SUICIDE (784-2433)
www.hopeline.com
National Suicide Prevention Lifeline
1-800-273-TALK (8255)
www.suicidepreventionlifeline.org
Veterans Crisis Line
1-800-225-5432 press 1 for veterans
www.veteranscrisisline.net
Suicide Prevention Resource Center
www.sprc.org
Substance Abuse Mental Health Services Administration

CONNECTICUT RESOURCES:
American Foundation for Suicide Prevention: Southern CT Chapter:
www.afsp.org/chapters
Connecticut Clearinghouse
1-800-225-5432
www.ctclearinghouse.org
Department of Children & Families
Connecticut Suicide Advisory Board
www.ct.gov/dcf/cwp/view.asp?a=2570&q=314514
EMPS - Crisis Intervention Services (Youth under 18)
2-1-1
www.empsct.org
Department of Education
Guidelines for Suicide Prevention - Policy & Procedures
Department of Mental Health & Addiction Services
DMHAS Crisis Services
www.ct.gov/dmhas
DMHAS Suicide Prevention Initiatives
www.ct.gov/dmhas/suicideprevention
Department of Public Health
CT Comprehensive Suicide Prevention Plan (2005)
United Way of Connecticut
Crisis Hotline: 2-1-1
www.211ct.org

IMPACTFUL CRISIS RESOURCES:
DMHAS Crisis Services (Adults 18+)
www.ct.gov/dmhas
EMPS - Crisis Intervention Service (Youth under 18)
2-1-1
www.empsct.org
National Suicide Prevention Lifeline:
1-800-273-TALK (8255)
www.suicidepreventionlifeline.org
National Hopeline
1-800-SUICIDE (784-2433)
www.hopeline.com
Veterans Crisis Line
1-800-225-5432 press 1 for veterans
http://www.veteranscrisisline.net
United Way of Connecticut
Crisis Hotline: 2-1-1
www.211ct.org
9-1-1 (for emergencies)

EVERY TWO HOURS
ELEVEN (11) MINUTES,
SOMEONE UNDER THE AGE OF 25 DIES BY SUICIDE.

BUT IT DOESN’T HAVE TO BE THIS WAY.