

1 THE PROBLEM

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

1 WORD VOICE LIFE

Be the 1 to start the conversation

2 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)

4 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

3 WARNING SIGNS

Call 9-1-1 or seek **immediate** help from a mental health provider when you hear or see any one of these behaviors:

- Someone threatening to hurt or kill themselves
- Someone looking for ways to kill themselves: seeking access to pills, weapons, or other means
- Someone talking or writing about death, dying, or suicide

Seek help by contacting a mental health professional or calling 2-1-1 or 1-800-273-TALK for a referral should you witness, hear, or see anyone exhibiting any one or more of these behaviors:

- Hopelessness
- Rage, anger, seeking revenge
- Acting reckless or engaging in risky activities, seemingly without thinking
- Feeling trapped—like there's no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family, or society
- Anxiety, agitation, unable to sleep, or sleeping all the time
- Dramatic mood changes
- No reason for living; no sense of purpose in life

5 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



PREVENTSUICIDE.ORG

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
1-800-273-8255 press 1 for veterans
www.veteranscrisisline.net

Suicide Prevention Resource Center
www.sprc.org

Substance Abuse Mental Health Services Administration
<http://www.samhsa.gov/prevention/suicide.aspx>

CONNECTICUT RESOURCES:

American Foundation for Suicide Prevention: Southern CT Chapter:
www.afsp.org/chapters

Connecticut Clearinghouse
1-800-232-4424
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
www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/PsychSocial/SP_Guidelines.pdf

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)
http://www.ct.gov/dph/lib/dph/Suicide_Prevention_Plan.pdf

United Way of Connecticut
Crisis Hotline: 2-1-1
www.211ct.org

EMPS Crisis Intervention Services Dial 2-1-1

IMPORTANT CRISIS RESOURCES:

DMHAS Crisis Services (Adults 18+)
www.ct.gov/dmhas

EMPS- Crisis Intervention Service (Youth under 18)
2-1-1
www.empsct.org

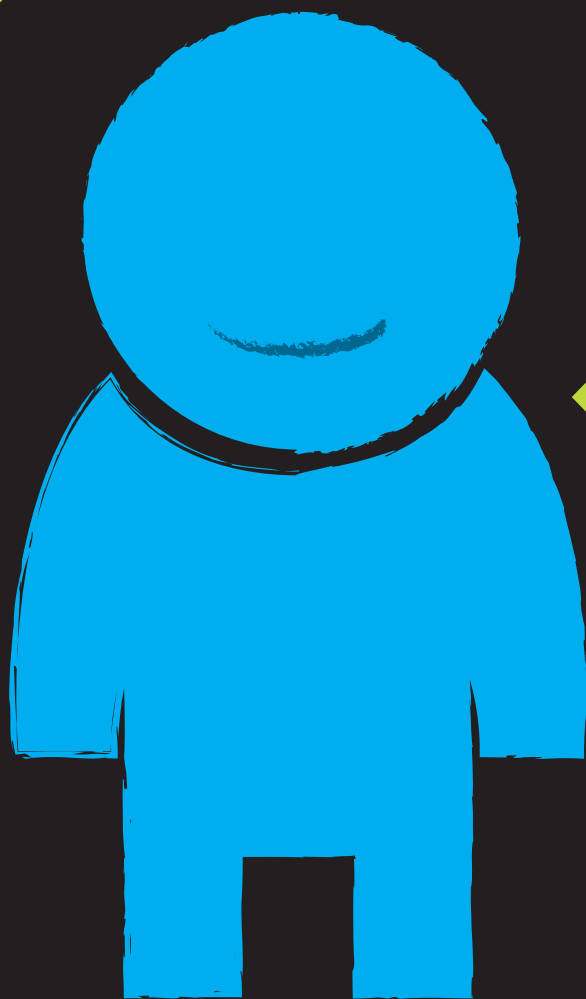
National Suicide Prevention Lifeline:
1-800-273-TALK (8255)
www.suicidepreventionlifeline.org

National Hopeline
1-800-SUICIDE (784-2433)
www.hopeline.com

Veterans Crisis Line
1-800-273-8255 (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)



SUICIDE IS PREVENTABLE.

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

BUT IT DOESN'T
HAVE TO BE
THIS WAY.