



Preventative Steps in Teen Suicide




10 Preventative Steps

1. Listen carefully
2. Evaluate the seriousness of the suicidal person's feelings
3. Evaluate the intensity or severity of the emotional disturbance
4. Take every complaint and feeling seriously
5. Do not be afraid to ask directly if the person has entertained thoughts of suicide



10 Preventative Steps

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6. Do not be misled by the suicidal person's comments that he is alright and is past the crisis
 7. Be affirmative but supportive
 8. Evaluate the resources available
 9. Act specifically
 10. Don't be afraid to ask for assistance and consultation



Facts on Suicide

- Persons under 25 accounted for 15% of all suicides in 1997.
- Suicide is the 3rd leading cause of death for ages 15-24.
- Firearm related suicides accounted for 62% of the increase in the overall rate of suicide from 1980-1997 among persons aged 15-19 years.
- The risk for suicide among young people is greatest among young males.



Facts on Suicide

- American Indian and Alaska Native males have much higher rates of suicide than young White males (36.5 vs. 13.9 per 100,000)
- In 1997, more teenagers and young adults died from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia and influenza, and chronic lung disease ***combined.***



Common Means of Suicide

- Firearms are the most commonly used method of suicide for men and women, accounting for 60 percent of all suicides.
- The second most common method for men is hanging; for women, the second most common method is poisoning including drug overdose.



Facts on Suicide

- More than 4 times as many men as women die by suicide; but women attempt suicide more often during their lives than do men, and women report higher rates of depression.
- The elderly, particularly older white males that have the highest rates of suicide.



Facts on Suicide

- Suicide contagion is the exposure of suicidal behaviors within one's family, peer group, or through media reports of suicide and can result in an increase in suicide and suicidal behaviors.
- There is no definitive measure to predict suicide or suicidal behavior.




Fact or Fable?

- People who talk about suicide don't commit suicide.
- Suicide does not run in families; it is an individual pattern.
- Studies reveal that the suicidal person gives many clues and warnings regarding his suicidal intentions.
- Once a person is suicidal, he is suicidal forever.



Fact or Fable?

- Suicide is neither the rich man's disease nor the poor man's curse.
 - Suicide is inherited or “runs in the family.”
 - suicide is always the act of a psychotic person.
 - Almost no one commmits suicide with letting others know how he is feeling.
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