

## Adolescent Suicide

Suicide is the second leading cause of death for those ages 5 to 24 years old. Four out of five teens and young adults who attempt suicide have given clear warning signs to those around them. Many adolescents and young adults who attempt suicide have underlying mental health disorders, usually involving depression.



## Warning Signs

Adolescents or young adults thinking about suicide may make openly suicidal statements or comments such as, "I wish I was dead," or "I won't be a problem for you much longer." Other warning signs associated with suicide can include:

- Frequent ongoing sadness or depression
- Withdrawal from family, friends, and everyday activities
- Fixation on death or dying
- Noticeable changes in sleeping or eating habits

## Risk Factors

Thoughts about suicide and suicide attempts are often associated with depression. In addition to depression, other risk factors include:

- Feelings of hopelessness or helplessness
- Bullying by others
- Exposure to violence
- Impulsivity
- Family history of suicide
- Traumatic life events

## How to Help

Seeking help for suicidal thoughts is very important and could save a life. Depression and suicidal feelings can be managed effectively with the right treatment. Talk openly and honestly with the individual about any concerns and be supportive in helping them cope with their feelings. Encourage them to seek help from a mental health professional for a diagnosis and a thorough treatment plan. Common treatment plans include individual therapy, family therapy, hospitalization and medication.

Source – National Institute of Mental Health: <https://www.nimh.nih.gov/health/publications/nimh-answers-questions-about-suicide/index.shtml> and The American Academy of Child and Adolescent Psychiatry: [https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/Teen-Suicide-010.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Teen-Suicide-010.aspx)