

2nd

leading cause of death among all youth (aged 10-18 years)

2nd

leading cause of death among all young adults (aged 19-24 years)

SUICIDE RESOURCES

NEBRASKA YOUTH SUICIDE PREVENTION PROJECT

youthsuicideprevention.nebraska.edu

NEBRASKA STATE SUICIDE PREVENTION COALITION

www.nsspc.org



Nebraska Youth
Suicide Prevention

This was developed under a grant number 1H79SM082143 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) via the Nebraska Department of Health and Human Services, Division of Behavioral Health. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

BH-PAM-2 Rev. 6/22

SUICIDE PREVENTION



For Youth, Schools,
and Families

What You Need to Know

Males die by suicide nearly
4x
more frequently
than females

Females attempt suicide
2-3x
more frequently
than males

FACTS ABOUT YOUTH SUICIDE

- In the U.S., only accidents claim more young lives than suicide.
- Nearly 6,000 youth die by suicide each year in the U.S. (aged 10-24 years).
- The most common diagnoses among youth are depression, substance abuse, and conduct disorders.
- Among racial and ethnic groups, youth suicide rates vary widely.

BY THE NUMBERS

19% of American high school students report having seriously considered suicide during the previous 12 months.

16% of high school students report having made a suicide plan in the previous 12 months.

9% of American high school students report having attempted suicide in the past.

Data : CDC WISQARS™ 2011-2020; 2019 CDC YRBS. Values have been rounded up to the nearest full percentage.

YOUTH SUICIDE WARNING SIGNS



Talking about or making plans for suicide.



Talking about feeling hopeless or trapped.



Displaying severe or emotional pain or distress.



Increased use of alcohol or drugs.



Withdrawal from or changing social connections or situations.



Changes in sleep (increased or decreased).



Anger or hostility that seems out of character or out of context.



Saying goodbye to friends and family or wrapping up loose ends.

IF YOU ARE CONCERNED ABOUT SOMEONE

ASK THE QUESTION

- Remain calm. Even if in doubt, ask "Are you thinking about suicide?"
- Remember that talking about suicide does not put the idea into someone's head.
- If they are thinking about suicide, ask "Do you have a plan to kill yourself?"

LISTEN & LOOK FOR WARNING SIGNS

- Give them your full attention and find out what is causing their distress, without judgement.
- Acknowledge that their feelings are valid, without minimizing them, and ask more questions.

THERE IS HOPE

- Remind the person of the reasons to keep living and there are resources that can help.
- Ask them what they need and support them in getting that help.
- Do not leave the person alone once you have determined they are at risk.

TAKE ACTION & GET HELP

- If they are a risk to themselves, or if they have a full or partial plan to take their life, call **911** immediately.
- If they are in a safe place and are not at current risk to themselves, call or text **988** for the **988** Suicide and Crisis Lifeline for help, support, and resources..
- Help them secure or remove means like guns and pills around their home to keep them safe.