

SUICIDE PREVENTION FACTS & RESOURCES



You are not alone. We can all help prevent suicide.

7.4%

7.4 percent of youth in grades 9–12 reported that they had made at least one suicide attempt in the past 12 months.

Suicide is the second leading cause of death for children, adolescents, and young adults age 5–24. Suicide is complicated and tragic, but it is often preventable.



Knowing the warning signs for suicide can help save lives.

Warning signs of suicide :

- Talking about wanting to die or kill oneself
- Talking about feeling hopeless or having no reason to live
- Increasing the use of alcohol or drugs
- Showing worrisome behaviors or marked changes in behavior
- Withdrawal from friends, changes in social activities, anger, hostility, or changes in sleep patterns



If you or someone you know is struggling and needs help, there is hope.

- Call Carisk Behavioral Health at 1-800-294-8642/ Option 1
- Visit www.suicidepreventionlifeline.org
- Seek help from a medical professional

Resources:
https://www.samhsa.gov/sites/default/files/sites/default/files/suicide_prevention_facts_and_resources_fact_sheet.pdf
<https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>