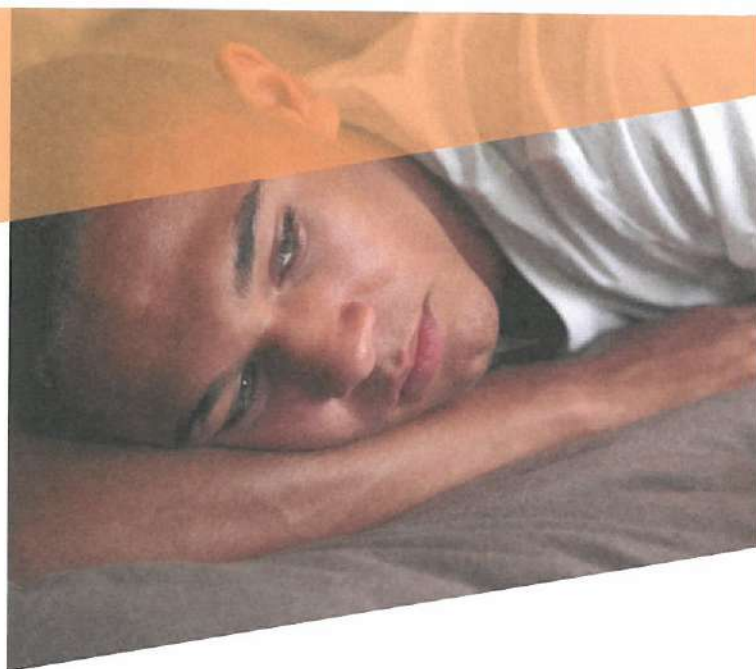


Facts About Suicide in Adolescents & Young Adults



The Facts

According to the National Alliance of Mental Health, each year in the U.S., approximately 2 million adolescents attempt suicide. In people under the age of 25:

- Suicide is the third leading cause of death
- Adolescent females are more likely to attempt suicide
- Males are much more likely to complete suicide than females
- Firearms and suffocation were the two most common methods of suicide

Risk Factors

Identified factors that may increase the risks for suicide and attempted suicide in young people include:

- Prior suicide attempt
- Mental or substance abuse disorders
- Hopelessness
- Impulsive and/or aggressive tendencies
- Easy access to lethal methods, especially guns
- Family history of suicide
- Exposure to suicide of a family member, friend or other significant person
- History of abuse
- Impaired parent-child relationships
- Life stressors, especially interpersonal losses and legal or disciplinary problems
- Lack of involvement in school and/or work

What to Watch For

- Talking about suicide
- Looking for ways to harm oneself
- Preoccupation with death or dying
- Hopelessness
- Reckless and risky behavior
- Feeling trapped
- Increased alcohol or drug use
- Withdrawing from friends and family
- Changes in sleep patterns
- Dramatic mood changes
- Feeling a lack of purpose in life

When to Act

If someone tells you they are thinking about suicide act immediately.

- Take them seriously
- Listen
- Don't leave them alone
- Help them get to a professional for an evaluation and treatment

If necessary, take emergency steps to get help, such as calling 911. When someone is in a suicidal crisis, it is important to limit access to firearms or other potential tools for committing suicide, including prescription and over-the-counter medications.



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**Kosair Charities
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We're here to help. If you or someone you love is experiencing symptoms of depression, please contact Our Lady of Peace for an assessment and assistance with treatment options. Call 502.451.3333 or 1.800.451.3637.

2020 Newburg Road
Louisville, KY 40205
502.451.3330
KentuckyOneHealth.org/ourladyofpeace