

SUICIDE

DR. KAY TROTTER PHD / 214-499-0396 / KAY@KAYTROTTER.COM / WWW.KAYTROTTER.COM

The Ugly Truth: Our Kids Are Killing Themselves

Girls Most Vulnerable

The suicide rate for girls between the ages of 10 and 14 skyrocketed **75.9% in 2004**, according to grim statistics released by the US Center for Disease Control and Prevention. That same year, the suicide rate for females ages 15-19 jumped 32.3%, and the rate for males ages 15-19 rose 9%. This adds up to a total of 4,599 self-inflicted deaths for people aged 10-24, making suicide the third leading cause of death in that age group.

The CDC also reported the number of children under the age of 12 committing suicide has doubled in the past 30 years. It is unknown whether the numbers have actually doubled or if we are more aware of these deaths as being suicide and report them as such.



Children and Suicide

Because it's so unthinkable that a child could intentionally take her or his own life, there's a false sense that our youngest citizens are somehow immune from the risk of suicidal behaviors. We perpetuate the myth that childhood is carefree and joyful, absent of problems and stress.

The hard truth of the matter is, the CDC reports that children 12 and

under are just as likely to be depressed as adults, and 25% to 50% of depressed people make at least one suicide attempt. By the time they're in third grade, children (ages 8-9) have a thorough understanding of suicide, and younger children understand the concept of "killing oneself." Statistics also verify that children **do** act upon suicidal thoughts.



2002 Texas House Legislature number one Suicide Prevention recommendation was to **promote awareness that suicide is a problem that is preventable.**



2001 - 2002 Texas Suicide Facts

- On average 6 people die from suicide every day
- Texas lost 4,518 residents to suicide
- 345 adolescents ages 10 to 24 died of suicide
- There are as many as eight to 25 attempted suicides to one completed suicide.



Awareness Saves Lives research shows that both exposure to suicidal behavior of others and exposure of accounts of suicidal behavior in the media were associated with a **lower risk of nearly lethal suicide attempts.**



Facts about Teen Suicide



from
**The Suicide & Crisis Center
of North Texas**

In the United States

- Suicide is the **third leading cause of death** of young people between the ages of 10 and 24.
- **5,000 young people** complete suicide in the U.S. each year.
- Each year, there are approximately 10 youth suicides for every 100,000 youth.
- **Each day, there are approximately 12 youth suicides.**
- Every 2 hours and 11 minutes, a person under the age of 25 completes suicide.
- In the past 60 years, the suicide rate has **quadrupled for males** 15 to 24 years old, and **has doubled for females** of the same age.
- For every completed suicide by youth, it is estimated that 100 to 200 attempts are made.

- Firearms remain the most commonly used suicide method among youth, accounting for 49% of all completed suicides.
- Just being aware of the very real threat of suicide in children and teens can help you help them.

In Texas

- Suicide is the second leading cause of death for 15 to 19 year olds.
- Almost as many teens die by suicide as those who die from all natural causes combined.
- From 1999 to 2004, a total of 13,257 suicide attempts made in the state of Texas resulted in death. 2,100 of these deaths were children and young adults from 10 to 24 years of age.
- Males are four times more likely to die from suicide than females.
- Females are more likely to attempt suicide than males.
- For Texas high school students within a 12-month period:
 - 16% think seriously about suicide
 - 9% attempt suicide
 - 3% make a suicide attempt that requires medical attention

Warning Signs of Suicide

1. Talking About Dying
2. Recent Loss
3. Change in Personality
4. Change in Behavior
5. Change in Sleep Patterns
6. Change in Eating Habits
7. Reduced Sexual Interest
8. Fear of Losing Control
9. Low Self Esteem
10. No Hope in the Future

FROM DR. KAY TROTTER PHD

Statistics about rising suicide levels among our children and adolescents are terrifying. But what's even more frightening is the fact the Flower Mound area doesn't have adequate facilities to provide immediate and effective care for our children age 3-12 who contemplate or attempt suicide.

Please take action, and add your voice to those urging the addition of a special pediatric and adolescent psychiatric care clinic to the new Presbyterian Flower Mound Hospital. Thank you for joining me in shining a light on a tragic truth that's been kept in the dark for far too long. Our children need help. Now.

DR. KAY TROTTER PH.D.

Kay Trotter dedicated the last eight years to counseling children and adolescents as well as families and individuals wrestling with depression, abuse, trauma, grief, and emotional and behavioral disorders.

She is a licensed professional counselor supervisor, registered play therapist supervisor, a national certified counselor, and a certified equine assisted counselor.

FOR IMMEDIATE HELP CALL:

**2-1-1 — Local Crisis Support
and Suicide Intervention**

**1-800-435-7609 — National
Adolescent Suicide Hotline**

SPEAK UP FOR OUR KIDS!

Urge Presbyterian Flower Mound Hospital to add a special child and adolescent psychiatric care clinic to the new hospital coming to Flower Mound.

Go to **www.KayTrotter.com** to learn how to contact decision makers. Save our children!

TAKE ACTION NOW