

To Find Out More About  
Suicide Prevention, Visit:

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[www.ACOPeds.org](http://www.ACOPeds.org)

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[www.sprc.org](http://www.sprc.org)

[www.suicidology.org](http://www.suicidology.org)

[www.nimh.nih.gov](http://www.nimh.nih.gov)



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National Suicide Prevention  
**HOTLINE**  
1-800-273-TALK



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# Let's Break the Cycle of Sadness!

SUICIDE IS THE SECOND MOST COMMON CAUSE OF DEATH IN AGES 10-24

## Signs to Watch for:

Observable signs of serious depression, such as low mood that is unrelenting, hopelessness & desperation; increased alcohol or substance abuse; recent impulsiveness/risk taking; threatening suicide; giving away possessions; purchasing firearms; unexpected rage or anger.

### FACTS & WARNING SIGNS

32,000 people die of suicide each year in the United States. Every 16.6 minutes, someone intentionally ends their life. Suicide is the fourth leading cause of death in adults from 18-65. The suicide rate for 2005 was 10.7/100,000.

- **Past suicide attempts**
- **Symptom risk factors**
  - Desperation
  - Hopelessness
  - Anxiety/Panic Attacks
- **Access to lethal means**
- **90% of the individuals that die as a result of suicide suffer from one or more psychiatric disorders**
  - Major Depressive Disorder
  - Bipolar Disorder
  - Alcohol or substance abuse
  - Schizophrenia
  - Personality Disorders
  - Major physical illness, chronic pain, family history of suicide

### RISK FACTORS

## Three Basic Steps:

- **Show You Care**
  - Listen carefully
  - Be genuine
  - Reflect what you hear
  - Use language appropriate for age
  - Take all mention of suicide seriously
- **Ask About Suicide**
  - Be direct, but not confrontational
  - Do not hesitate to raise the subject
- **Get Help**
  - Do not leave the person alone
  - Know referral resources
  - Be reassuring
  - Encourage the person to participate in the helping process

### HOW TO HELP

