

Children's Mental Health Matters!

a Maryland public awareness campaign

Facts For Educators

Suicide Prevention

Suicide is the act of taking one's own life. Suicide is the second leading cause of death among youth ages 15-24 and it accounts for 12.3% of all deaths among 15-24 year olds. Approximately 11 parents/caregivers lose a child (between the ages of 15-24) to suicide every day and for every completed suicide by a youth, it is estimated that 100 to 200 attempts are made. In Maryland in 2005, there were 86 families who lost a child between the ages of 10-25 to suicide. However, building strong family relationships, having the knowledge of the risks and warning signs of suicide/depression, and having access to prevention and intervention resources will often decrease the likelihood of suicide.

Warning signs may include:

- Depressed mood
- Frequent episodes of running away or being incarcerated
- Family loss or instability, significant problems with parent
- Expressions of suicidal thoughts, or talk of death or the afterlife during moments of sadness or boredom
- Withdrawal from friends and family
- Difficulties in dealing with sexual orientation
- Disinterest in or enjoying activities that once were pleasurable
- Unplanned pregnancy
- Impulsive, aggressive behavior, frequent expressions of rage
- Alcohol and/or drug abuse
- Engaging in high risk behaviors (e.g., fire-setting, involvement in cults/gangs, cruelty to animals)
- Social isolation and poor self-esteem
- Witnessing or being exposed to family violence or abuse
- Having a relative who committed or attempted suicide
- Being preoccupied with themes and acts of violence in TV shows, movies, music, magazines, comics, books, video games, and internet sites
- Giving away meaningful belongings

Research has shown that gay, lesbian, bisexual, transgendered, and/or questioning (GLBTQ)

youth are more than twice as likely to attempt suicide than straight peers. However, sexual orientation is not noted on death certificates in the U.S. so exact completion rates are difficult to report. Studies have also confirmed that GLBTQ youth have higher rates of suicidal ideation than their straight peers and often have more severe risk factors. It is important to note that being GLBTQ is not a risk factor in and of itself; however, minority stressors that GLBTQ youth encounter – such as discrimination and harassment – are directly associated with suicidal behavior as well as indirectly with risk factors for suicide.

Warning signs specific to GLBTQ youth may include:

- A high rate of victimization/bullying
- Difficulties in dealing with sexual orientation
- Lack of family acceptance

IMPORTANT: Some children may exhibit many warning signs yet appear to be coping with their situation and others may show no signs and yet still feel suicidal. The only way to know for sure is to ask your student and to consult a mental health professional.

What can educators do about it?

- **Ask the student directly if he/she is considering suicide.** Ask “are you thinking of hurting yourself?” or whether he/she has

Children's
Mental
Health
Matters.org

A MARYLAND PUBLIC
AWARENESS CAMPAIGN

coordinated by

mhamd 
MENTAL HEALTH ASSOCIATION OF MARYLAND

MCF
maryland coalition of families

www.ChildrensMentalHealthMatters.org

made a specific plan and has done anything to carry it out. Explain the reasons for your concerns. Listen openly to the student, tell the student that you care deeply and that no matter how overwhelming his or her problems seem, help is available.

- **Immediately contact the student's parents or guardians and get the student professional help** from a doctor, community health center, counselor, psychologist, social worker, youth worker, or minister. You can also call 1-800-SUICIDE or look in your local phone book for suicide hotlines and crisis centers. In Maryland, call 1-800-422-0009.
- **If the student is in immediate danger, call 911 and then contact their parents.** If the student has a detailed plan or appears acutely suicidal and will not talk, he or she could be in immediate danger and it is important to get help right away. Do not leave the student alone and seek help immediately.
- **Learn the warning signs, risks and other factors associated with suicide** especially if the student has made suicidal attempts or threats in the past, the student knows that you are there for him/her, encourage him/her to seek you out in times of need, and if you are not there at the time when your child feels depressed or suicidal, have another support person to go to for help.

Resources/Links

National Association of School Psychologists: Preventing Suicide: Information for Families and Caregivers.

<http://www.nasponline.org/publications/cq/cq354suicide.aspx>

American Foundation for Suicide Prevention:

<http://www.afsp.org>

Suicide Information & Education Center (SIEC):

<http://www.suicideinfo.ca/>

Yellow Ribbon Suicide Prevention Program for Parents:

<http://yellowribbon.org/parents/>

Suicide Awareness\Voices of Education (SAVE):

<http://www.save.org/>

Adapted from Resources found on:

www.schoolmentalhealth.org

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MHAMD ~ 443-901-1550 ~ www.mhamd.org

MCF ~ 410-730-8267 ~ www.mdcoalition.org

The Children's Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland (MHAMD) and the Maryland Coalition of Families (MCF) with support from the Maryland Department of Health and Mental Hygiene - Behavioral Health Administration. The Campaign goal, with over 250 partners and schools across the state, is to raise public awareness of the importance of children's mental health. For more information, please visit www.ChildrensMentalHealthMatters.org.