

# SUICIDE AWARENESS AND PREVENTION

## WHERE TO GET HELP

- If you feel your teen is in danger of hurting themselves, do not hesitate to call 911
- Visit [villaofhope.org](http://villaofhope.org), call 585-328-0834 or email [mhclinic@villaofhope.org](mailto:mhclinic@villaofhope.org) to schedule time in our outpatient Mental Health Clinic.
- Call LIFE LINE at 211 or visit [Lifeline.org](http://Lifeline.org)
- Call the National Suicide Prevention Lifeline at **1-800-273-TALK (8255)**.



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## Government statistics report that:

- Suicide is the second leading cause of death among 12 to 18 year olds.
- Approximately one out of every 15 high school students reports attempting suicide each year.
- One out of every 53 high school students reports having made a suicide attempt that was serious enough to be treated by a doctor or a nurse.
- For each suicide death among young people, there may be as many as 100 to 200 suicide attempts.
- Every day, across our nation, more than 5000 young people in grades 7 through 12 attempt suicide.

## Look and listen for ....

- At least 90% of all teens who commit suicide have some type of mental health issue such as substance abuse, depression, behavior problems or anxiety.
- Major Depression (especially in the presence of substance abuse) is the single greatest risk factor; other conditions that increase the risk of suicide include loss of loved one, destabilization of the family, experiences of failure/shame/humiliation, psychological or physical trauma, struggling with sexual identity or abuse, experiences of discrimination and suicide of a friend or loved one.



- If your loved one exhibits the following:
  - Saying, “I wish I was dead,” or “The world would be better off without me,” and even, “If I’m around for that” - these statements after a traumatic event such as breaking up with a boyfriend, getting a low grade on a test or being bullied at school.
  - Feeling helpless and hopeless.
  - Wanting more privacy/withdrawing from normal activities.
  - Not showing interest in or unable to make future plans.
  - Engaging in risky and daring behaviors.
  - Giving away prized possessions.

## How you can help.

- Be informed and prepared:  
Attend free Youth Mental Health First Aid training – call 585.467.2230 x205 to sign up.
- If you are concerned ASK. Most young people will answer honestly when asked in a calm, accepting, non-judgmental manner if they are having thoughts of suicide.
- Ask your kids what is happening in their life, and how they are feeling.
- Offer to listen, or to find someone else they can talk to and feel safe.
- As parents or caring adults we can surround our kids with meaningful relationships – family members, coaching, teachers, school counselors and mentors. These connections help build confidence, unconditional acceptance and provide a safe and trusted person ready to listen and help when needed.

