

Suicide Prevention and Awareness

What Parents and Caregivers
Need to Know

APS Parent Resource Center
Sept 30, 2022



988

National Suicide & Crisis Lifeline

SEPTEMBER
**SUICIDE
PREVENTION**
AWARENESS MONTH



National Statistics



Youth and young adults
ages 10-24 years old
account for 14% of all
suicides



For youth ages 10-14,
suicide is the second
leading cause of death



In 2019, 9% of high
school students
reported attempting
suicide during the
previous 12 months.



**Depression and other
untreated mental illnesses
are commonly associated with
suicide.**

you are
♥ NOT ♥
alone

Presentation Overview

01

Risk Factors

Characteristics that increase the chance that a person may take their life

03

Protective Factors

Characteristics that help protect people from suicide

02

Warning Signs

Something to look out at for when concerned that a person may be suicidal

04

Ways to Help

How to support a person who may be suicidal

01

Risk Factors

Certain characteristics are associated with increased suicide risk.

Risk Factors



Mental illness

Depression
Conduct Disorders
Substance abuse



Family stress



Environmental Risks

Access to lethal means
(i.e. firearms)



Situational Crises

Traumatic death of a loved one
Physical or sexual abuse

02

Warning Signs

Observable behaviors
that signal their suicidal
thinking.

Take all signs seriously!

Warning Signs



Suicidal threats

Direct or indirect statements



Prior Suicidal Behavior



Suicidal Notes or Plans



Making Final Arrangements

ie: Giving away prized possessions, visiting or calling people to say goodbye



Sudden changes in behavior, appearance or mood



Preoccupation with Death

Warning Signs (cont.)



Withdrawing from activities



Increased use of alcohol/drugs



Isolating from others



Sleeping too much or too little



Sudden Improvement or Relief

03

Protective Factors

Lessen the potential of risk factors to lead to suicidal ideation and behaviors

Protective Factors



**Feeling connected
(family & friends)**



**Access to mental
health supports**



**Having coping
skills**



**Cultural or religious
beliefs that promote
healthy living**



**Limited access to
lethal means**



**Sense of purpose &
good self-esteem**

04

Ways to Help

Youth who feel suicidal may not seek help directly; However parents, peers and teachers can recognize warning signs and take immediate action.

Building Resilience



Teach and model healthy habits for mental health just as you would with physical health

Talk about mental health/feelings openly
Seek therapy if warranted



Check in with your child regularly, beyond just day-to-day tasks such as homework.

If you notice warning signs



Remain calm



Ask youth directly if they are thinking about suicide



Focus on your concern for their wellbeing and avoid being accusatory



Listen and reassure them that there is help and they won't feel like this forever



Avoid judgement

If you notice warning signs (cont.)



Provide constant supervision. Do NOT leave the youth alone



Remove means for self-harm



GET HELP Seek help from school and community mental health resources as soon as possible



Call **911** if you or your child is in immediate danger



Call **988** the National Suicide & Crisis Lifeline for 24/7 mental health support if experiencing or witnessing a suicidal crisis or emotional distress

School & Community Support

APS Resources

Mental health professionals in every APS school trained to assess suicide risk if a student displays warning signs.









Community Resources

Arlington County and surrounding areas have short and longer term resources for youth in crisis

Local Resources

- ★ Emergency Mental Health: 703-228-5160
- ★ Arlington Children's Behavioral Health: 703-228-1560
- ★ Arlington Adult Behavioral Health: 703-228-5150
- ★ CR2: Emergency number 844-627-4747
- ★ Crisis Stabilization Services (REACH): 855-897-8278
- ★ Arlington Partnership For Children, Youth, and Families - Youth Mental Health & Wellness Resource Guide (other treatment options & searchable databases for providers)

National Resources

-  National Hotlines
-  National Suicide Prevent Lifeline: 988
-  Crisis Link Regional HotLine: 703-527-4077
-  National Hope Line: 1-800-SUICIDE (1-800-784-2433)
-  Trevor Project (Crisis Intervention and Suicide Prevention for LGBTQ youth):
1-866-488-7386
-  Teen Line: 1-800-TLC-Teen (852-8336)

Questions?

How to contact us



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