

Youth Suicide Prevention

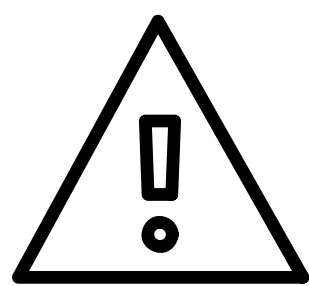
Suicide Myths



Suicide is selfish.



Talking about suicide will encourage suicide attempts.



People who threaten suicide are just seeking attention.



Sudden improvement in mental state means suicidal crisis is over.



Most suicides occur in winter months when the weather is poor.

Suicide Facts

Suicide may be self-focused, but that is very different than selfish. In fact, many suicides are driven by the idea that one is a burden to others.

Talking about suicide provides the opportunity for communication. The first step in encouraging a person with thoughts of suicide to live comes from talking about those feelings.

All suicide attempts must be treated as though the person has the intent to die. Do not dismiss a suicide attempt as simply being an attention-gaining device. The attention they get may well save their lives.

The opposite may be true. In the three months following an attempt, a young person is at most risk of dying by suicide. The apparent lifting of the problems could mean the person has made a firm decision to die by suicide and feels better because of this decision.

Adolescent suicidal behavior is most common during the spring and early summer months.

Warning signs:

- Direct verbal clues: "I wish I were dead" or "I'm going to end it all."
- Indirect verbal clues: "You're going to regret how you treated me" or "My family would be better off without me."
- Behavioral clues: Giving away money or prized possessions, changes in behavior, general confusion.
- Situational clues: Sudden rejection by a loved one, a recent move (especially if unwanted), death of a parent or friend.

Resources



- Call 911
- Go to the emergency room of your choice
- Georgia Crisis Line: 800-715-4225
- SummitRidge: 678-442-5858
- Ridgeview: 770-454-5589

Join us for "A Conversation Worth Having with your Teen"
All grade levels and feeder schools are welcome!

BASA: Thursday, August 26th at 6:30PM

AHS: Wednesday, September 29th at 6:30PM

WBHS: Thursday, October 21st at 6:30PM