Suicide in High School

Suicide is the 2nd leading cause of death for ages 12-22 (Suicide, n.d.; WISQARS Leading Causes of Death Reports, n.d.)

“In 2017, there were 47 percent more suicides among people aged 15 to 19 than in the year 2000” (Frazee & Morales, 2019)

Suicide rates for males and females have been spiking since 2014 and 2009, respectively (Frazee & Morales, 2019)

RISK FACTORS

- Mental illness/psychiatric diagnosis
- Family history of suicide and/or exposure to suicide
- Family history of mental illness
- Physical/sexual abuse
- Losses
- Aggressive behavior/impulsivity
- Lack of social support/social isolation
- Poor coping skills
- Access to ways of harming oneself, like guns, knives, etc.
- Difficulties in dealing with sexual orientation
- Physical illness
- Family disruptions (divorce or problems with the law)
- Traumatic event (Suicide in Teens and Children Symptoms & Causes: Boston Children’s Hospital, n.d.)

CRISIS LINES

National Suicide Prevention Hotline: 1-800-273-TALK (8255)

Georgia Crisis & Access Line: 1-800-715-4225

GMHCN Warm Line: 888-945-1414

CARES: 844-326-5400
- Call or Text 8:30AM-11:00PM for substance use Crisis Text Line: 741-741

RESOURCES

Georgia HOPE
- Call: 706-279-0405 Ext. 149
- Text: 706-847-4871
- Email: info@gahope.org
- Visit: GaHOPE.org

American Foundation for Suicide Preventions: https://afsp.org/

Suicide Prevention Resource Center: https://www.sprc.org/populations

Together, there is HOPE
**WARNING SIGNS**

- Preoccupation with death (e.g., recurring themes of death or self-destruction in artwork or written assignments)
- Intense sadness and/or hopelessness
- Not caring about activities that used to matter
- Social withdrawal from family, friends, sports, social activities
- Substance abuse
- Sleep disturbance (either not sleeping or staying awake all night)
- Giving away possessions
- Risky behavior
- Lack of energy
- Inability to think clearly/concentration problems
- Declining school performance/increase absences from school
- Increased irritability
- Changes in appetite (Suicide in Teens and Children Symptoms & Causes: Boston Children’s Hospital, n.d.)

**REFERENCES**


**HOW TO HELP**

Common reasons for suicide are emotional pain, hopelessness, and wanting the pain to go away (Home, 2020).

*You can help by:*

- Asking: “I’m wondering if you have had thoughts of killing yourself, hurting yourself, dying, or falling asleep and not waking up?”
- Talking with your child or friend and let them know you care
- Being observant of behavior/mood changes
- Spending time with your child or friend by playing a game, reading, listening to music, or creating art
- Monitoring your child’s intake of news, social media, TV, newspapers, and other media or conversations that can increase stress by communicating about disasters or traumatic current events
- Obtaining extra support from local mental health professionals and the school counselor for your child or friend (Violence Prevention, 2018)

**HOW TO COPE**

- Talk with a friend, teacher, guardian, or counselor
- Play a game
- Take a nap
- Take a walk
- Eat a snack or a meal
- Exercise
- Help somebody
- Read a book
- Listen to music
- Watch a movie or TV
- Spend time with friends
- Monitor social media, news, and TV (Violence Prevention, 2018)