RECOGNIZE AND REACH OUT

Know the tools to help a youth
Statistics

- Suicide is the 2nd leading cause of death among people ages 10-24.
- In NJ, suicide is the third leading cause of death among teens.
- There have been 53 suicides this year to date under the age of 25.
- There have been 16 suicides in Morris County since the beginning of 2023.
- On average, there are **130 suicides per day**.
- In 2020, 45,979 Americans died by suicide; 6,062 of them were 15-24.
- Suicide attempts are more frequent in girls than boys.
- Guns are used in more than half of all youth suicides.
- 1 out of 6 students in grades 9-12 have seriously considered suicide in the last year.
- More youth die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease, **COMBINED**.
- Each day in our nation, there are an average of over 3,703 attempts by young people grades 9-12.
Myth: We don’t have to worry about suicide in kids and teens unless they look sad and depressed every day.

Myth: Talking to your child or teen about suicide will plant the idea in the child’s head

Myth: Kids and teens who talk about suicide are not in real danger. They are just trying to get attention

Myth: Kids and teens who “fail” in an attempt at suicide are not in real danger. They were not really trying to kill themselves
How can we prevent suicide?

- Feelings of hope
- Coping skills
- Treatment for depression
- Prevent access to lethal means
- Healthy habits
- Connection/Support from peers and trusted adults
- Know the risk factors
Risk Factors

Individual factors, such as:
CONTACT WITH A CARING ADULT IS THE MOST SIGNIFICANT PROTECTIVE FACTOR...
## Typical Behaviors vs. Potential Warning Signs

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<tr>
<th><strong>TYPICAL ADOLESCENT BEHAVIOR</strong></th>
<th><strong>POTENTIAL WARNING SIGN</strong></th>
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<tr>
<td>Withdrawing from family to spend more time with friends.</td>
<td>Withdrawing from friends, family, and social activity.</td>
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<td>Occasionally losing temper when things do not go their way.</td>
<td>Frequently arguing with adults and/or purposely breaking rules; displays aggressive behavior.</td>
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<td>Moving from childhood likes to teen pursuits.</td>
<td>Losing interest in favorite activities and not replacing with other pursuits.</td>
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<td>Sometimes struggling to complete an undesired task.</td>
<td>Difficulty remaining focused and maintaining concentration across a variety of tasks and settings.</td>
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Subtle Warning Signs

- Isolation
- Developing personality changes
- Giving away prized possessions
- Changing normal routine, including eating or sleeping patterns
- Increase substance use
- Agitation/Anger
- Anxiety or worry
- Poor hygiene
- Feeling trapped
- Bored with school, work, etc.
Talking to your teen

- Ask open-ended questions. Let your child steer the conversation to what they want to talk about.
- Don’t rush to solve their problems. Instead, ask what they think would help a situation.
- Be available and make sure your child knows it. “I’m around if you want to talk later” may help.
Asking about suicide

- **Indirect Question:**
  - Do you wish you would go to sleep and not wake up?
  - Do you wish you were dead?

- **Direct Question:**
  - Have you thought about killing yourself?
Tips for getting teens to talk

- Teen-led family meetings; let your teen set the agenda
- Playing a game; this makes teens more comfortable talking about a difficult topic
- If the subject comes up in a movie or TV show, have a discussion about it
- Out for a walk; the relaxed atmosphere can make it easier for some teens to open up
- Taking a drive; sometimes it’s easier to talk about difficult topics without eye contact
- Continuing the conversation or have multiple mini conversations on a regular basis instead of one big talk
- Enlist other trusted adults; sometimes a grandparent or trusted aunt/uncle can break through when parents have been shut out
What NOT to Say

Don’t worry, everything will be all right

By next week, you’ll forget all about it

This is nothing!

Cheer up!

You have so much to be thankful for

Think about how your family would feel if you killed yourself
Gizmo 4 Mental Health

Program for 3rd and 4th graders
What is SOS
Signs of Suicide

A universal program that teaches all students what to do if they are concerned about themselves or a friend.

Age-appropriate videos + Virtual and/or paper response slips = ACT

Encourages help-seeking behavior

RESULTS

1.5M
Students trained annually

Evidence-based
Students reported greater knowledge and adaptive attitudes about depression and suicide

64%
Students were 64% less likely to report engaging in a suicide attempt.
SOS Main Components

Suicide prevention education:
video and guided discussion

Utilize the discussion guide to facilitate a conversation with students in response to the video. The discussion guide contains talking points for concepts to emphasize and questions to ask. Feel free to expand upon the talking points and encourage your students to share their own observations.

Mental health screening:
depression and signs of suicide

Mental Health Screening Form

Brief Screen for Adolescent Depression (BSAD)

1. Have you felt nothing for you and your interest in anything? Yes No
2. Have you had less energy than usual? Yes No
3. Have you felt sad or depressed in recent weeks? Yes No
4. Have you thought about suicide or dying recently? Yes No
5. Have you felt disinterested or unable to concentrate? Yes No
6. Have you felt you would rather be alone than be with others? Yes No
7. Have you felt hopeless about the future? Yes No
8. Have you felt like you would rather be dead than alive? Yes No

Identifying Trusted Adults

If you need help or have questions, who can you talk to? (Think about family, friends, teachers, counselors, etc.)

MindWise
SOS Signs of Suicide
MHAEM Suicide Prevention Website
https://stopteensuicide.mhainspire.org/
notOK App™

- What if there was a button you could press and someone would immediately know you were not okay?
Directory of Basic Support Services
Crisis Resources
YOUTH RESOURCES

• Suicide and Crisis Lifeline: 988
• 2NDFLOOR: Call or Text, 1-888-222-2228
• TrevorLifeline: 1-866-488-7386, TEXT TALK to 678678
• Crisis Text Line: text TALK, 741741
Teen Connect Line

- For youth run by youth
- Call/texting option
- Monday-Friday from 5pm-10pm
Teen Lines

- Teen Line: 800-852-8336, Text TEEN to 839863, Open 9pm – 1am EST, every night
- TEEN TEXT SUPPORT LINE- Text us at (207) 515 - 8398. 12pm-10pm
- Youthline- text teen2teen 839863. 7pm-1am
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