

# FACTS ON SUICIDE & PREVENTION



## Defining suicide terms:

**Suicide attempt:** non-fatal, self-directed behavior with intent to die as a result, which may or may not result in injury

**Suicidal behavior:** preparation for an attempt, an interrupted or aborted attempt (i.e. starting to make a suicide attempt and then the person stops themselves or is stopped by someone else), or a suicide attempt

**Suicidal ideation:** wishing, thinking about, considering, or planning suicide

## ADOLESCENT SUICIDE STATISTICS

Suicide is the 2nd leading cause of death among adolescents.

In 2019, a total of 18.8% of students reported having seriously considered suicide in the past year.

During 2020, the proportion of mental health-related emergency department (ED) visits among adolescents increased 31% compared with that during 2019.

## WARNING SIGNS

- Talking about wanting to die, feeling great guilt, being a burden
- Feeling empty, sad, hopeless, trapped, lacking reason to live
- Planning/researching ways to die
- Dangerous or reckless behavior
- Withdrawing from friends, giving away possessions, or writing a goodbye letter
- Increased drug or alcohol use
- Eating or sleeping more or less
- Extreme mood swings

# WHAT TO DO IF YOU OR SOMEONE YOU KNOW IS HAVING SUICIDAL THOUGHTS

Don't be afraid to **ask**. Studies show asking about suicide does not cause distress or increase likelihood of attempting.

Tell **someone who can help**: a teacher, parent, or trusted adult. Be around other people.

Make your **home safe** by removing potentially dangerous items.

Visit **#chatsafe** (on Orygen.org) to learn more about how to communicate safely online about suicide.

Develop a **safety plan** (list of strategies to use before or during a suicidal crisis, including ways to cope and how to get support).

- Include names and phone numbers of people who can help (a parent, a hotline, etc.)
- Coping skills (including relaxation techniques, physical activity)
- Other activities you enjoy and can keep you calm during emotional times

Seek **treatment**/call a **hotline**.

Scan for more resources!



**National Suicide Prevention Line: 1-800-273-TALK (8255)**  
**or text HOME to 741741 for the Crisis Text/Chat Line**  
**The Trevor Project (LGBTQ Support): 1-866-488-7386**  
**2NDFLOOR Youth Helpline of NJ: 888-222-2228**