

Suicide Prevention: Strategies That Work



Suicide is the 3rd leading cause of death in youth ages 10-24

90%

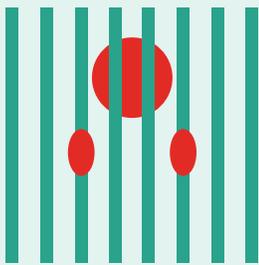
90% of those who died by suicide had an underlying mental illness



1 in 5 children ages 13-18 have or will have a serious mental illness

70%

70% of youth in state and local juvenile justice systems have a mental illness



Incarcerated youth are up to three times as likely to die by suicide when compared to youth in the general population

For youth in the juvenile justice system, depression, sexual abuse and trauma are common predictors of suicidal ideation and behavior



Children's Mental Health Awareness Day 2019

What Can We Do?

1. Be explicit about mental health:
 - Ask a child whether they are depressed or thinking about suicide
 - Ask a child about exposure to violence and suicide on social media
2. In juvenile justice settings:
 - All staff who come in contact with youth should be trained in suicide prevention strategies and best practices
 - Youth should be screened for suicide risk
3. Know the warning signs:
 - High levels of anxiety or worry
 - Irritability
 - Loss of interest in activities or friends
 - Little or no energy
 - Self-harm
 - Suicidal ideation
 - For more warning signs, visit the [National Institute of Mental Health](#)
4. Connect a child with a mental health professional, either in person, over the phone, or with texting:
 - National Suicide Hotline: 1-800-273-TALK (8255)
 - [TXT 4 Help Interactive](#)
 - [Crisis Text Line](#)
 - [TrevorLifeline](#)

References

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