

*SIGNS
OF
CONCERN*



if

Awareness.....

**The first step
to Prevention**

if

It is estimated that

**Each year we will
lose 5,000 Young
People.**

if

That means

**We lose approximately
100+ young people
EACH WEEK in our
nation to Suicide.**

if

That means

**In a typical week, there are
more than 19,000 suicide
attempts nationally!**

**Almost two attempts *each*
*minute!***

if

Fact

*Suicide is the THIRD
leading cause of
death for youth ages
15-24*

if

Fact

In Ages 10-14...

*We have seen an
alarming 128% increase
in Suicides since 1980.*

if

Fact

*Suicide is now the
SECOND leading
cause of death for
college-age youth.*

if

Fact

*Suicide rates have
tripled for our youth
in the past forty
years.*

SYMPTOMS of TEEN DEPRESSION

- **Depressed or irritable mood**
- **Decreased interest or pleasure in activities**
- **Substance abuse**
- **Change in appetite or weight**
- **Sleeping more or less than usual**
- **Feeling restless or slowed down**

- **Feelings of guilt
or
worthlessness**

***especially
following an
incident at home
or school**

- **Decreased
concentration**
- **Sense of
hopelessness**
- **Recurrent thoughts
of suicide**
- **Fatigue or loss of
energy**

NOTE

Not all children or teens show signs of fatigue or lack of energy when depressed. In some situations, a suicidal teen may actually have an increase in energy or increase in happiness or feelings of well being.

**What Are The Risks
of NOT Treating for
Teen Depression?**

The most serious risk is the potential for suicide.

- **Suicide is the **THIRD** leading cause of death in 15-24 year olds**
- **Suicide is the **SECOND** leading cause of death in college students**

DECREASED
SCHOOL
PERFORMANCE IS
A COMMON
“RED FLAG” FOR
DEPRESSION.

Dr. Karen Swartz
Department of Psychiatry
Johns Hopkins University School of Medicine

Teenage girls reported
more symptoms of
depressed mood than
teenage boys.

National Institute of Mental Health

FACT

- For every completed suicide, there are between 8 and 20 attempted suicides
- Adolescent girls attempt suicide three times as often as boys.
- Adolescent boys complete suicide four times as often as girls

WARNING SIGNALS

- Talking directly or indirectly about dying or suicide
- Depression, sadness
- Change in eating or sleeping habits
- Lack of energy
- Boredom & loss of interest in activities

- **Mood shifts**
- **Withdrawal from social contact**
- **Giving away prized possessions**
- **Recent lack of concern about physical health or hygiene**

- **Preoccupation with death through poetry or artwork**
- **An increase in alcohol or drug use**
- **Isolation**
- **Taking unusual risks**

- **Acquiring the means of suicide**
Guns, drugs, etc
- **A previous suicide attempt**
- **Family history**
- **Discouragement about the future**
- **Self criticism**

Approximately 14
young people
between the ages
of 15-24 die every
day by suicide.

EVERY HOUR &
40 MINUTES, A
PERSON UNDER
THE AGE OF 25
COMPLETES
SUICIDE.

When there is reason to believe that a child has been abused and/or neglected and the child's health and safety is at immediate risk if he or she remains in the home, the Child Protective Services (CPS) Division of the Texas Department of Protective and Regulatory Services (DPRS) can take custody of the child.

**AVERTING
TEEN
SUICIDE**

THE DO'S

- **Do get involved**
- **Do be willing to listen**
- **Do allow them to express their feeling**
- **Do discuss suicide openly and frankly**
- **Do be a non-judgmental listener**

- **Do show interest and support**
- **Do get help from agencies and professionals**
- **Do notify parent or guardian if the student has acknowledged having access to drugs and lethal weapons**

AND DONT'S

- Don't refuse to talk about it
- Don't offer platitudes or glib answers
- Don't "dare" a suicidal person to commit suicide (this may come from their peers, on "my space" or through text messages)

Helpline Contacts

- **National Suicide Help Line:**

1-800-784-2433

- **Teen Help Line:**

972-233-TEEN (8336)

• **Hope Rising Program**
Frisco Independent School District
Patti Kubanet RN, CNS, CTLS
KubanetP@friscoisd.org 469-633-6868



• **The National Institute for Trauma & Loss In Children**
William Steele MSW, PsyD.



• **Teens & Stress Web Development Team**
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• **Crisis Intervention**
Promoting Resilience and Resolution in Troubled Times
Lennis G. Echterling, Jack H. Presbury,
J. Edson McKee 2004



• **American Academy of Suicidology**
• **Suicide and Crisis Center, Dallas Texas**

www.jasonfoundation.com

