

# SUICIDE PREVENTION

Suicide is one of the leading causes of death among youth, yet many struggle in silence and their warning signs often go unnoticed. By understanding the risks and knowing how to support those around us and ourselves, we can make a real difference.



## SUICIDE IS A BEHAVIOR, NOT A DIAGNOSIS:

- Linked with depression, bipolar disorder, PTSD, substance use, and borderline personality disorder.
- Also elevated in chronic pain and serious medical illness.

## SUICIDE RISK EXISTS ON A CONTINUUM:



- Prior suicidal attempts are the strongest predictor of future attempts.
- Not everyone who thinks about suicide will attempt, but all thoughts should be taken seriously.



## IMPULSIVITY & ACCESS TO LETHAL MEANS:

- Many attempts happen in short crisis windows (minutes to hours).
- Easy access to life-threatening means (e.g., firearms) drastically increases risk.
- Men die by suicide more often (more lethal means), while women attempt more often.

## A LOOK INTO SOCIO-CULTURAL CONTEXTS:



- Cyber/bullying is a strong risk factor for youth.
- LGBTQIA+ youth face higher risk due to stigma and rejection.
- Exposure to suicide in peers or the media, also known as contagion, increases risk.



## SPOTTING WARNING SIGNS ON SOCIAL MEDIA:

- Posts or stories about hopelessness, death, or wanting to disappear.
- "Polls" or coded messages about hurting themselves (dots, numbers, emojis).
- Sudden goodbye messages, giving away belongings, or isolating online.



## PROTECTIVE FACTORS & PREVENTION:



- Religious/cultural beliefs, reasons for living, belonging, and effective coping skills reduce risk.
- Access to mental health care and evidence-based treatment saves lives.
- Crisis resources: 988 (US), or local hotlines worldwide.