

Suicide Prevention and Awareness

What Parents and Caregivers
Need to Know

APS Parent Resource Center
Sept 26, 2023



988

National Suicide & Crisis Lifeline



National Statistics



Youth and young adults ages 10-24 years old account for 15% of all suicides (2021).



For youth ages 10-14, suicide is the second leading cause of death

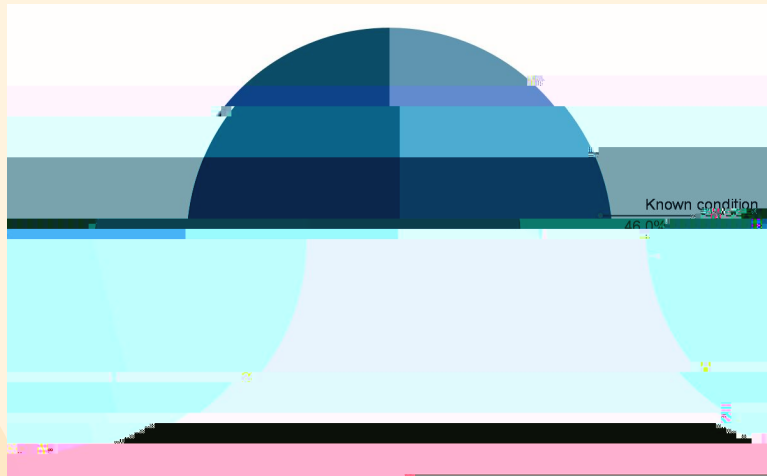


In 2022, 9% of high school students reported attempting suicide during the previous 12 months.

Depression and other untreated mental illnesses are commonly associated with suicide.



46% of those who died by suicide had a *known* mental health condition...but 91% met criteria



Presentation Overview

01

Risk Factors

Characteristics that increase the chance that a person may take their life

02

Protective Factors

Characteristics that help protect people from suicide

03

Warning Signs

Something to look out for when concerned that a person may be suicidal

04

Ways to Help

How to support a person who may be suicidal

Risk Factors



Mental illness

Depression
Conduct Disorders
Substance abuse

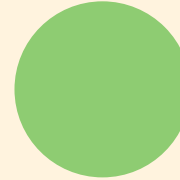


Family stress



Environmental Risks

Access to lethal means
(i.e. firearms)



Situational Crises

Traumatic death of a loved one
Physical or sexual abuse

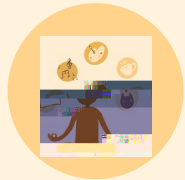
Protective Factors



Feeling connected
(family & friends)



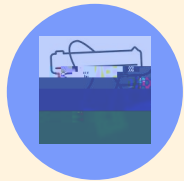
Access to mental
health supports



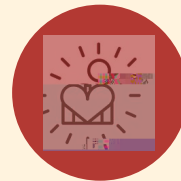
Having coping
skills



Cultural or religious
beliefs that promote
healthy living



Limited access to
lethal means



Sense of purpose &
good self-esteem

Feeling Connected

Do I belong?

We all need connection and community--even introverts!

Those who are less connected have worse mental health

Feeling Connected

03

Warning Signs

Observable behaviors
that signal their suicidal
thinking.

Take all signs seriously!

Listening Non-Judgmental y

Stop yourself from giving advice, sharing stories - it's not about you!

Withhold your judgments; lower your emotions

Validate feelings

“Ugh! That’s so hard”

“Wow, you’re going through a lot”

Normalize conversations about mental health

Always pair these courageous conversations with reassurance and messages of resiliency

THIS IS HOW YOU BUILD TRUST!!!!!!

Reassuring and Reframing

- Call 911. Tell the dispatcher that the person is at risk for suicide. If available, ask for a mental health crisis professional.

Local Resources

Emergency Mental Health: 703-228-5160

Arlington Children's Behavioral Health: 703-228-1560

National Resources

