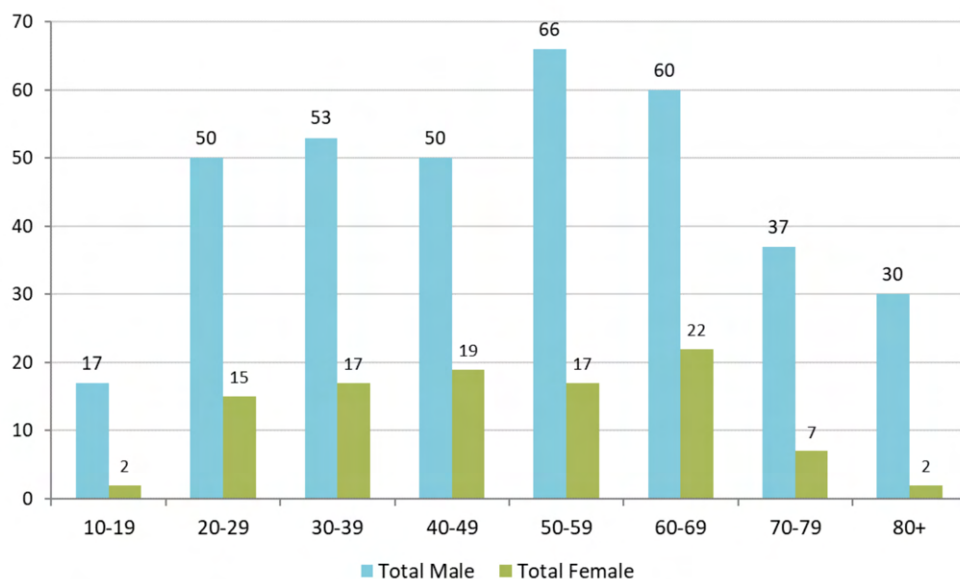


Suicide Stats & Prevention

Suicide Stats

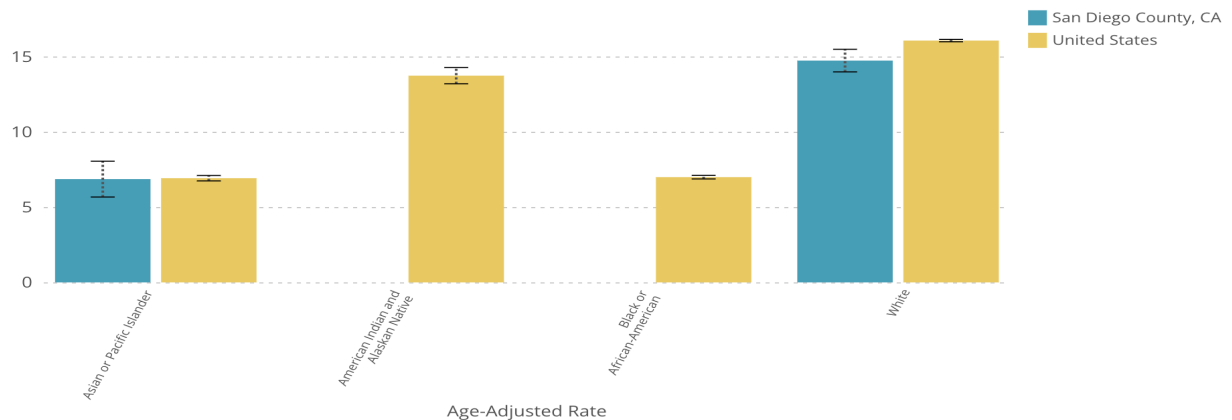
- Suicide is the tenth leading cause of death in America
- Males are more likely to commit suicide than Females. In the city of San Diego, the total number of suicides in 2018 is 464.
 - 363 males and 101 females
- In San Diego, suicide has slightly declined in the year 2020.
 - “The total number of suicides dropped from 2019’s 429 to 419, while the rate of suicides per 100,000 people also dipped from 12.8 to 12.5.”
 - <https://timesofsandiego.com/life/2021/09/08/reported-suicides-in-san-diego-county-decline-slightly-in-2020/>
- According to the American Academy of Pediatrics, they state, “National surveillance data suggest that roughly 7-8% of adolescents attempt suicide each year, and roughly 17% report serious suicidal ideation. Roughly 157,000 individuals between the ages of 10 and 24 receive emergency medical care for intentional self-inflicted injuries.”
 - <https://www.aap.org/en/patient-care/mental-health-minute/suicide/#:~:text=National%20surveillance%20data%20suggest%20that,for%20intentional%20self%20inlicted%20injuries.>
- Below are a few statistics and graphs regarding the suicidal rates based off a person's gender, age, and ethnicity:



<http://www.sdchip.org/wp-content/uploads/2019/09/2018-San-Diego-County-Suicide.pdf>

- This Bar graph presents the total number of suicides that has occurred in 2018 in San Diego. Ages ranging from 10-80+ years old. As you can see, more males are more likely to commit suicide compared to females.

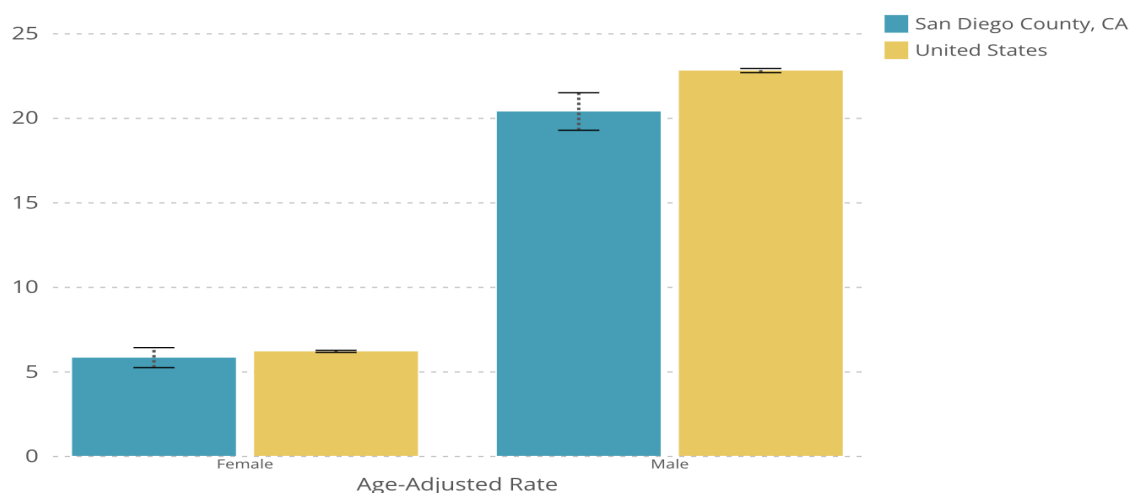
Suicides per 100,000: by Race (2018)



<https://www.livestories.com/statistics/california/san-diego-county-suicide-deaths-mortality>

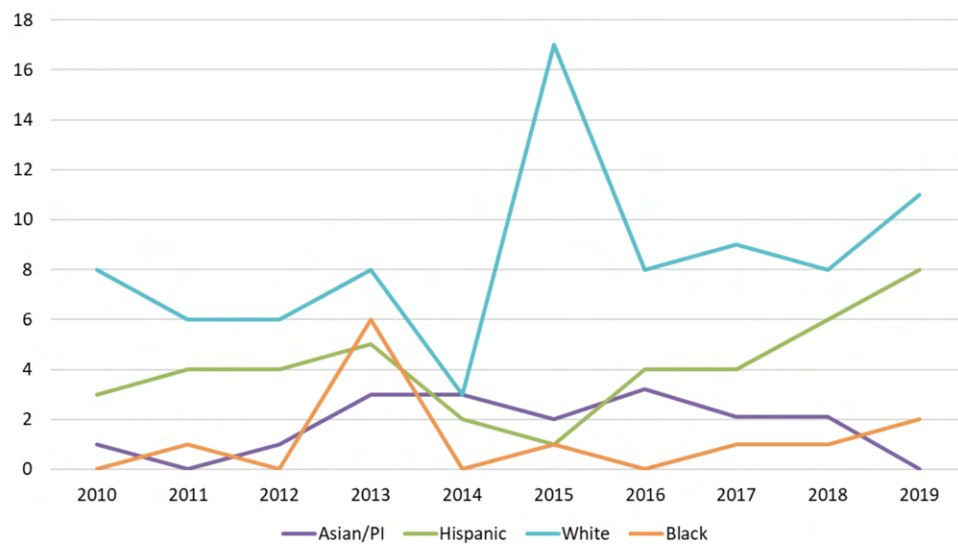
- This bar graph demonstrates the number of suicides based off of race. It compares to individuals living in San Diego and the United states as a whole.

Suicides per 100,000: by Sex (2018)



<https://www.livestories.com/statistics/california/san-diego-county-suicide-deaths-mortality>

- This bar graph represents the total number of suicides based off of sex. In both San diego and the United States, men are most likely to commit suicide compared to females.



<https://www.sdchip.org/wp-content/uploads/2020/12/2019-San-Diego-County-Suicide-1-1.pdf>

- This demonstrates the total number of teen suicide based off of race. In the years between 2014 through 2016, it shows that whites are more likely to commit suicide compared to other races.

Suicide Prevention

- The **San Diego County Office of Education** is committed to support students and families with resources about suicide prevention.
 - They provide multiple resources for teens and parents to prevent youth suicide and what they can do.
 - “Our goal is to support the removal of barriers that impact students success”
 - You will be able to find all the information needed on their website.
 - <https://www.sdcoe.net/students/health-well-being/suicide-prevention>
- The **San Diego Youth Services** have a program called the **HERE Now program**. This program stands for Helping, Engaging, Reconnecting, and Educating.
 - The programs goal is to increase awareness and inspiring connections to further prevent youth suicide.
 - They are currently active in 76 schools and 22 within the school districts in San Diego County.
 - <https://sdyouthservices.org/services/suicide-prevention-and-intervention/>
 - Crisis line: (888) 724-7240
 - They offer services to everyone. This includes:

- Students, Parents, and Teachers
- The **Yellow Ribbon Suicide Prevention Program** is a program that raises awareness and prevent youth/teen suicide.
 - This program has members all around the world.
 - Their goal is to make suicide prevention accessible to everyone.
 - “We work to coordinate appropriate education, training and collaboration with local and national resources to build sustainable suicide prevention programs.”
- On the **San Diego Unified School District** website, under “Mental Health Awareness”, you will be able to see a tab titled “Suicide Preventions” and they provide multiple resources and preventions for youth/teen suicide.

Preventions such as:


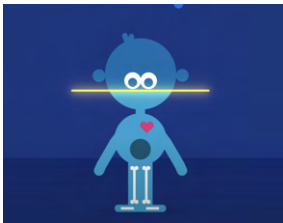

 - The Trevor Project
 - Each Mind Matters
 - YourLife your Voice from Boystown
 - Teen Line
 - San Diego County Access & Crisis Line (888) 724-7240
- HandSpring Health, **Suicide Prevention for Children: A Guide for Parents & Families**. This site goes in depth discussing about suicidal behaviors, warning signs in children, risk factors, protective factors against suicide, and how you can help your child. They also provide a crisis support line and lets parents know when to seek professional help.
 - <https://www.handspringhealth.com/post/suicide-prevention-for-children-a-guide-for-parents-and-families>
- Parents can also do their part to further prevent youth suicide. Such as:
 - Try to tune in and ask how their child is doing.
 - Respond with empathy and be understanding
 - Don’t assume your child is going through the “Teenager Stage”
 - Get professional help!
- You can call or text **988** for help and support
- It is a suicide and crisis lifeline and is available 24 hours.












TOOLKIT






Categories Include:



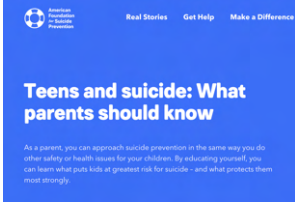

- Children
- Self care
- Self Regulation
- Family Wellness
- Mindfulness
- Parents Increased Understanding of Behavior
- Types of Behavior




Topic	Key Takeaways	Source
Children		
	<p>Zara's Big Messy Day (That Turned out Okay)</p> <p>A children's meditation and mindfulness book. Teaches children that we can sometimes have bad days and that it's okay.</p>	https://youtu.be/10c8dxYFNts
	<p>The Body Scanner! Mindfulness for Children</p> <p>A 6 minute video that allows you to relax your body and great for emotion check ins.</p>	https://youtu.be/xLoK5rOl8Qk
	<p>Thought Bubbles! Mindfulness for Children</p> <p>Too many thoughts can oftentimes be stressful. This 5 minute video allows children to be able to explore and peacefully clear their minds.</p>	https://www.youtube.com/watch?v=70j3xyu7OGw&t=95s

	<p>7-Minute Emotion Regulating Activity to Help Kids Calm Down!</p> <p>This is a great video to show children to help them regulate their emotions and to keep them calm.</p>	<p>https://youtu.be/ORRdf_nLc_I</p>
	<p>Kindness is my Superpower</p> <p>This book teaches children about kindness and becoming more understanding of others and accepting differences.</p> <p>This is a great book to read to your child for it teaches them the importance of kindness.</p>	<p>https://youtu.be/6P-Y_M9q7RM</p>
<p>Self Care</p>		
 <p>Suicide prevention: Self-care tips, true stories on how survivors cope</p>	<p>Suicide prevention: Self-care tips, true stories on how survivors cope</p> <p>This site provides great self care tips if you or someone you know is feeling or showing warning signs of suicide.</p> <p>Provides true stories by suicide survivors on how to cope.</p>	<p>https://www.usatoday.com/in-depth/news/investigations/surviving-suicide/2018/11/28/suicide-prevention-tips-true-stories-how-survivors-cope/1112169002/</p>
	<p>Teach Your Kids the Value of Self-Care by Creating Healthy Habits.</p> <p>This site allows parents to be informed and teach their kids the value of self care.</p> <p>Allows children to become more familiar with self care and the importance of it.</p>	<p>https://www.gottman.com/blog/teach-kids-self-care-creating-healthy-habits/</p>
	<p>Self Care Just for Kids</p> <p>Fun, Short, and Informative video for children that teaches them about self care.</p> <p>Helps children create healthy habits and will be set up for a lifetime of self care, self love, and their overall wellness.</p>	<p>https://youtu.be/_s20iNLTRwo</p>
<p>Self Regulation</p>		

	<p>Self Regulation in Children & Teenagers</p> <p>A site for parents to look into about self regulation and why it is important amongst children and teens.</p> <p>It discusses why it's important, how and when it develops, and how they can help their child learn and practice self regulation.</p>	<p>https://raisingchildren.net.au/toddlers/behaviour/understanding-behaviour/self-regulation#:~:text=Self%2Dregulation%20is%20the%20ability,continues%20to%20develop%20into%20adulthood.</p>
	<p>The Self Control Song</p> <p>Let children understand they have the power to regulate their emotions and will know that they are responsible for the actions portrayed behind those emotions.</p> <p>Teaches children how to control their emotions step by step.</p>	<p>https://youtu.be/a0k3wOwJZ_4</p>
	<p>The Choices I make</p> <p>A children's book that teaches children to stop-think-go.</p> <p>Teaches children about coping skills such as counting back from 10 or taking deep breaths.</p>	<p>https://youtu.be/7e27bjSDI5M</p>
	<p>Emotional Regulation Activities for Kids</p> <p>This is great for parents to find activities that can further benefit their child's self regulation.</p> <p>Once that children are able to regulate their emotions, this means that they will be able to handle difficult situations better.</p> <p>Activities include: art, bingo, yoga, journal activities, breathing exercises, and so forth.</p>	<p>https://www.yourtherapysource.com/blog/2022/05/03/10-emotional-regulation-activities-for-kids/#:~:text=PRACTICING%20SELF%2DCARE,model%20self%20care%20as%20well.</p>

 <p>12 Self-Regulation Strategies for Young Children</p> <p>We can help the young children in our lives manage challenging feelings by strengthening their self-regulation skills. Feeling About & Regulating is about recognizing and naming emotions and self-regulation. When children and adults understand children are having feelings and emotions and can control, the adults in their lives are able to respond appropriately. During this developmental phase, children need their parents, teachers, and caregivers to respond appropriately to their emotional cues, help them manage disruptive behaviors, and model safe, healthy ways to manage big feelings.</p> <p>Adults can help children follow a 3-Step Recipe for Self-Regulation based on Dr. Daniel Siegel's "Name It to Tame It" process:</p> <p>Step 1: Notice the Feeling – Help the child tune into how their body is feeling. Ask questions like: What is going on in your body right now? How does your tummy feel? How does your throat feel?</p>	<p>12 Self-Regulation Strategies for Young Children</p> <p>Fun and easy ways for parents to practice self regulation activities for their child.</p> <p>Provides 12 Self-Regulation Strategies.</p>	<p>https://heartmindonline.org/resources/12-self-regulation-strategies-for-young-children</p>
<p>Family Wellness</p>		
 <p>As a parent, it's frightening to hear your child talk about suicide and it can be difficult to know how to help.</p> <p>Ask you feeling thoughts of suicide?</p>	<p>Supporting a Child who is Thinking of Suicide</p> <p>A parent can be their child's greatest source of support. This site provides parents ways to further support their child with thoughts of suicide.</p>	<p>https://kidshelpline.com.au/parents/issues/supporting-child-who-thinking-suicide</p>
	<p>How to Communicate Effectively with your Young Child</p> <p>Provides 9 ways to strengthen the bond with your child throughout your words and actions.</p>	<p>https://www.unicef.org/parenting/child-care/9-tips-for-better-communication</p>
 <p>Health Fueled By Fun: Wellness Activities for Kids</p> <p>A collection of health activities for kids to help them learn to make healthy eating, exercise and life choices.</p>	<p>Health Fueled By Fun: Wellness Activities for Kids</p> <p>A collection of health activities for kids to help them learn to create healthy eating, exercise, and life choices.</p> <p>This site provides parents with different activities that they can do with their child.</p>	<p>https://healthpoweredkids.org/</p>
<p>Mindfulness</p>		
	<p>Bubble Bounce! Mindfulness for Children</p> <p>Sometimes children have so much in their minds that it can be too hard to focus on certain things.</p> <p>This mindfulness video slows down a child's racing mind and allows them to gain more focus.</p>	<p>https://youtu.be/UEuFi9PxKuo</p>

	<p>20 Ways to Teach Mindfulness to Kids</p> <p>Mindfulness is all about being aware about what is happening in the moment. Sometimes in this world it is easy to miss what is going on around you.</p> <p>This site teaches parents how they can teach their children all about mindfulness.</p>	<p>https://www.verywellfamily.com/ways-to-teach-mindfulness-to-kids-4134344</p>
	<p>The Lemonade Hurricane: A story of mindfulness and meditation</p> <p>Henry is a good kid - but when he is too busy and too full, Henry turns into a hurricane. Throughout the story he will learn about mindfulness and meditation.</p>	<p>https://youtu.be/Olqt-Ghi-zo</p>
<p>Parents Increased Understanding of Behavior</p>		
	<p>Teens and Suicide: What Parents Should Know</p> <p>Gives parents insights about suicide and answers question that parents may have regarding teens and suicide.</p> <p>Provides videos from professionals to answer your questions.</p> <p>The site provides facts, real stories, and ways you can further create an impact.</p>	<p>https://afsp.org/teens-and-suicide-what-parents-should-know</p>
	<p>A Guide for Parents Suicidal Thoughts</p> <p>Parents will be able to have a better understanding of the behavior and how they can further support their child.</p> <p>This site provides resources on where they can receive further support.</p>	<p>https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/suicidal-thoughts/</p>

	<p>Parents Guide for Understanding Suicide</p> <p>This guidebook will provide parents with tools to help support their child's mental health and well-being.</p> <p>Parents will get a better understanding of the signs and risk factors.</p>	<p>https://hr.jhu.edu/wp-content/uploads/JHU_SuicidePrevention_GuidebookForParents_RFL.pdf</p>
<p>Types of Behavior</p>		
	<p>5 Warning Signs of Suicidal Behavior that are Easy to Miss</p> <p>Know the signs before it's too late. This site goes in depth about the risk factors, warning signs, less obvious warning signs, and what to do.</p>	<p>https://www.bridgestorecovery.com/blog/5-warning-signs-of-suicidal-behavior-that-are-easy-to-miss/</p>
<p>Recognizing Suicidal Behavior</p> <p><small>In many cases, suicide can be prevented. Learn the risk factors and warning signs, which include depression, change in personality, self-harm behavior recent life crisis and conversation about wanting to die. If a family member or friend talks about suicide, take them seriously. Listen without judgement and encourage them to seek professional help.</small></p> <p>What is suicide?</p> <p><small>Suicide is death caused by self-inflicted injury with the intent to die.</small></p> <p><small>Suicide is the tenth leading cause of death in the U.S. One person dies by suicide about every 11 minutes. It is the second leading cause of death among people ages 10 to 34, the fourth leading cause of death among people ages 34 to 54 and the fifth leading</small></p>	<p>Recognizing Suicidal Behavior</p> <p>Goes in depth about the potential risk factors that could lead to someone to consider suicide. This includes:</p> <ul style="list-style-type: none"> ❖ Individual factors ❖ Relationship Factors ❖ Community factors ❖ Cultural & Societal Factors 	<p>https://my.clevelandclinic.org/health/article/s/11352-recognizing-suicidal-behavior</p>
	<p>8 Signs your Child is Depressed</p> <p>Depression is one of many warning signs that your child may be showing signs of suicidal behavior.</p> <p>This video shows 8 signs that your child may be depressed and ways you can further support your child.</p>	<p>https://youtu.be/Oyf9kEmLg7Y</p>