



NATIONAL SUICIDE PREVENTION AWARENESS

DIAL 988 SUICIDE AND CRISIS LIFELINE

- Youth who experience violence are 3-5 times more likely to attempt suicide. Suicide is the second leading cause of death in the United States among ages 12 to 18.
- Youth violence and suicide are deeply interconnected public health issues. Exposure to violence physical, emotional, or digital can increase a young person's risk of suicidal thoughts and mental health challenges.
- Four out of five individuals considering suicide give some sign of their intentions, verbally or behaviorally.



RISK FACTORS FOR SUICIDE INCLUDE:

- Exposure to family violence and abuse

EMOTIONAL WARNING SIGNS:

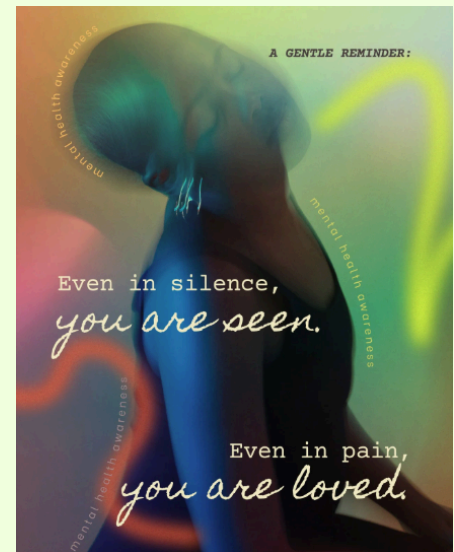
- Sudden mood swings or intense anger - Withdrawal from friends and activities - Talking or joking about death or suicide

BEHAVIORAL WARNING SIGNS:

- Increased aggression or fighting - Self-harm (cutting, burning) - Declining academic performance - Giving away belongings or saying goodbye

Digital Red Flags:

- Sharing violent or disturbing content - Cyberbullying others or being a victim - Searching online for methods



HOW TO HELP: PREVENTION & SUPPORT FOR FAMILIES & CAREGIVERS:

- Open communication, create a safe space for honest conversations, Limit access to firearms, sharp objects, and toxic substances, Monitor online activity and foster digital safety

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