

# Suicide Hotline Objectives

- To provide support and information about depression and suicide to school based staff who are directly involved with students expressing suicidal ideation or have made suicide attempts.
- To improve methods of detecting individuals at highest risk for completed suicide.
- To improve treatment interventions for high risk students.

# Continued...

- To assist school based staff in guiding students who experience ideation in developing stronger coping skills, greater self-worth, impulse control, connectedness to the school and their peers.
- Encourage all staff to collaborate with one another to increase assistance among teachers in recognizing at-risk students
- Educate all staff about the risk factors for adolescent suicide.

# Suicide in Youth

## How many young people make serious suicide attempts or commit suicide?

Each year in the U.S., approximately 2 million U.S. adolescents attempt suicide.

According to the Youth Risk Behavior Surveillance System, in 2001, 2.6% of students reported making a suicide attempt that had to be treated by a doctor or nurse.

It is estimated that each year in the U.S., approximately 2,000 youth aged 10 – 19 complete suicide. In 2000, suicide was the 3rd leading cause of death among young people aged 15 to 24 years of age.

# Other important risk factors for suicide and suicidal behavior include:

- Prior suicide attempt
- Co-occurring mental and alcohol or substance abuse disorders
- Family history of suicide
- Parental psychopathology
- Hopelessness
- Impulsive and/or aggressive tendencies
- Easy access to lethal methods, especially guns

# Continued...

- Exposure to the suicide of a family member, friend, or other significant person
- History of physical or sexual abuse
- Same-sex sexual orientation (only been shown for suicidal behavior, not suicide)
- Impaired parent-child relationships
- Life stressors, especially interpersonal losses and legal or disciplinary problems
- Lack of involvement in school and/or work ("drifting")

# Is there some way that family or other adults can identify a young person at risk?

- Change in eating and sleeping habits
- Withdrawal from friends, family, and regular activities
- Violent actions, rebellious behavior, or running away
- Drug and alcohol use
- Unusual neglect of personal appearance

# Continued...

- Marked personality change
- Persistent boredom, difficulty concentrating, or a decline in the quality of schoolwork
- Frequent complaints about physical symptoms, often related to emotions, such as stomachaches, headaches, fatigue, etc.
- Loss of interest in pleasurable activities
- Not tolerating praise or rewards

# Is there some way that suicide can be prevented in young people?

- Reduce suicide risk factors.
- Attempt to include family in prevention strategies.
- Do not allow mental disorders to go untreated.
- Limit young people's access to lethal agents.