

# Mental Health and Suicide Awareness

## The Silent Epidemic

Adapted from Westpark Springs Hospital and The Jason Foundation



The goals of this presentation are to:

- raise awareness about suicide.
- recognize warning signs.
- understand how to seek help.

## DID YOU KNOW?

More teenagers  
and young  
adults die from  
suicide than  
from:

- Cancer
- Pneumonia
- Stroke
- Birth Defects
- Heart Disease
- AIDS
- Influenza
- Chronic Lung Disease

Combined

Suicide is the SECOND leading cause of death for youth ages 10-24.

Why do you think suicide is called the “Silent Epidemic”?

Because people don't talk about it.

Important Finding:

Four out of Five **completed** suicides gave  
“**clear warning**” signs before the attempt!

This means in 80% of suicide attempts, we have  
an opportunity to recognize the warning signs  
and intervene!

# SIGNS OF CONCERN:

If you see these over a period of time, several at once and they are out of character for that person there may be reason for concern.

## Suicide Threats

- “I’d be better off dead.”

## Previous Suicide Attempts

- Take even “half-hearted” attempts seriously and never keep an attempt secret from parents and school officials (counselors)

## Depression

- One out of 10 teens in the USA are “clinically depressed”. (more than just sad.) **Untreated depression** can be a risk factor for suicide.

## Out of Character Behavior

- Sudden change in grades, attendance, appearance, eating and sleeping habits, preoccupation with death, etc...

## Making Final Arrangements

- Giving away prized possessions, visiting friends to set things right and/or to say goodbye.

# WHAT CAN BE DONE?

Recognize warning signs that are:

- persistent over time
- Several all at once
- Out of character for the individual

**Get Help**

(seek assistance from a trusted adult such as a teacher/counselor or parent/family member)



## BASIC RULE TO REMEMBER...

If you have any doubt of a friend's  
or classmate's intentions or  
concern about their behavior,  
always seek *professional* help!  
(Visit your school counselor!)  
You could save a life!



# FSMS LIFE SAVER BOX

This box is located in the library.

Today's Date: \_\_\_\_\_

I am concerned about \_\_\_\_\_ who is in the \_\_\_\_\_ grade because

I believe they are:

- ☐ Fighting or planning to fight.
- ☐ Carrying a weapon.
- ☐ Threatening another.
- ☐ Threatening to hurt him/herself.
- ☐ Involved in gang activity.
- ☐ Using or selling drugs or alcohol.
- ☐ Other: please explain \_\_\_\_\_

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# BECAUSE A SMALL ACT OF KINDNESS CAN SAVE/CHANGE SOMEONE'S LIFE!

**TalkLine** 281-240-TALK (8255)  
You share. We care. Se habla español

*Help is just a phone call away - Free • Confidential • Anonymous*

Relationship Problems	School Problems
Pregnancy	Family Issues
Abuse	Suicide
Stress	Bullying/Harassment
Drugs/Alcohol	Depression

Crisis Intervention of Houston, Inc. 

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