



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:

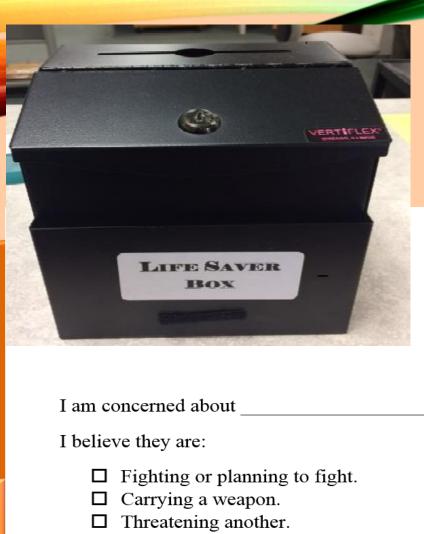
- persistent over time
- Several all at once
- Out of character for the individual

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.

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		

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



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

Relationship Problems

Pregnancy

Abuse

Stress

Drugs/Alcohol

School Problems

Family Issues

Suicide

Bullying/Harassment

Depression

Crisis Intervention of Houston, Inc.



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