

# 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!

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Abuse	Suicide
Stress	Bullying/Harassment
Drugs/Alcohol	Depression

Crisis Intervention of Houston, Inc. 

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