

# YOUTH SUICIDE

## AWARENESS & PREVENTION

#SUICIDEPREVENTIONMONTH

### FACTS ABOUT YOUTH SUICIDE

2<sup>nd</sup>

Currently, suicide is the second leading cause of death nationally for 15-19 year olds.

17

In WA State, on average, 17 teens are admitted to the hospital for self-inflicted injuries each week..

91

In 2018, 91 youth under the age of 19 died by suicide in WA State.

1 in 10

1 in 10 eighth grade students in Washington State reported having attempted suicide in 2018.

### WARNING SIGNS

Talking about wanting to die.

Sleeping too much/too little

Talking about feeling worthless & hopeless

Behaving recklessly

Talking about feeling trapped or in pain

Isolating themselves

Talking about being a burden

Increased use of alcohol/drugs

Showing rage

Looking online for ways to kill themselves

Extreme mood swings

### HOW TO START A CONVERSATION



Talk to them in private



Listen to their story



Tell them you care about them



Ask directly if they are thinking about suicide



Encourage them to seek treatment



Avoid minimizing problems/giving advice

ASK THEM

"Sometimes people think that life is not worth living. Have you felt this way?"

### IF YES

**LIFE IN IMMEDIATE DANGER? CALL 911**

- ➔ Take them seriously
- ➔ Stay with them
- ➔ Remove any lethal means
- ➔ Contact helpful resources (below)
- ➔ Escort them to mental health services or the emergency room

### RESOURCES

#### FOR TEENS

Teen Link Help Line  
CALL 866-833-6546

Teen Link Chat  
VISIT [866teenlink.org](http://866teenlink.org)

Crisis Text Line  
TEXT HOME to 741741

#### FOR PARENTS

King County Crisis Clinic  
CALL 866-427-4747

National Suicide Prevention Lifeline  
CALL 800-273-TALK

American Foundation for Suicide Prevention  
VISIT [afsp.org](http://afsp.org)

### REACH OUT FOR HELP

Whether you're a teen, a caring friend, a parent or a concerned adult in King County, WA, you can reach out to Youth Eastside Services for help - or simply to ask questions about what youth mental health and substance use services might be best for you or a person you know.



YOUTH EASTSIDE SERVICES  
BELLEVUE | KIRKLAND | REDMOND



[youtheastsideservices.org](http://youtheastsideservices.org)



425-747-4697