

SUPPORTIVE HEARTS & MINDS

CCYSB YOUTH SUICIDE PREVENTION

• SEPTEMBER 2022 •



SUICIDE FACTS AND DATA

As a warning, this issue of our Newsletter frequently mentions suicide which can be a very difficult topic for many people. Please use your own discretion when choosing whether to read the articles and make time for self-care after reading.

September is Suicide Prevention and Awareness Month. This month's issue is focused on educating about suicide and suicide prevention for youths. Suicide is very prevalent among youth and we are continuing to see rising trends in frequency. The statistics below highlight just how serious this is and the importance of being able to recognize the risk factors and warning signs to identify youths who may need extra support.

- Suicide is the **2nd leading cause of death** for youth ages 15-24.
- As of 2019, suicide rates for this age range were 14 per 100,000 people (slightly more than 1 out of every 10,000 youths).
- About **1 in 10 youth** have thoughts of suicide
- Rates of suicide in Black youth have been on the rise in recent years (partly due to risk factors such as discrimination, stigma, and experiences of racism.).
- Each day in the US, there are an average of **over 3,703 attempts** by young people grades 9-12.
- **4** out of **5** individuals considering suicide give some sign of their intentions, either verbally or behaviorally.
- in 2020, there were **1.2 million suicide attempts** with **45,979** dying by suicide in the US.
- **90%** of those who died by suicide had a diagnosable mental health condition at the time of their death.
- Maryland ranks **46th** nationally in rates of suicide
- Carroll County ranks **2nd** in the state for highest rates of suicide.

WHAT'S INSIDE:

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Suicide Prevention Resources



Join Our Team and Walk With Us!

Scan the QR Code above to register to walk with Team CCYSB on September 10th!

How to Talk to Friends About Suicide

AFSP (American Foundation for Suicide Prevention) has a campaign about how to have a #RealConvo with friends and loved ones who are struggling with their mental health or thoughts of suicide. Their site is full of resources for how to start these conversations with friends and ways to be supportive of those who are going through a rough time. We've compiled some of their suggestions for you to use when talking with a friend who may disclose that they are having thoughts of suicide.

- Let others know you are willing to have a conversation about mental health. Sometimes you can show this by first talking about your own mental health. You could say something like "I have had struggles with my mental health in the past and talking to someone about it really helped me."
- If you think a friend may be struggling, ask to speak with them privately. Start by expressing that you care and follow it with an observation. For example, "I care about you and I've noticed you haven't been yourself lately. You seem more frustrated than you've been in a while, and I'm wondering how you're doing."
- The timing doesn't have to be perfect. Sometimes you may not be able to address what you notice as soon as you see it and it could come up on another day. "I noticed you were upset the other day. Can we go to the park and talk about it?"
- You may notice that they would be more comfortable talking to someone else about it, so offer to connect them with another person to talk.
- Ask directly: "Are you thinking about killing yourself/suicide?" If they share that they have been, try to stay calm and reassure them that they can get help.
 - Validate their feelings. "That sounds really tough." "You have been going through a lot."
- Connect them with someone who can help (therapist, parent, trusted adult).
- Give them resources (more can be found on the next page).

For more on how to have a #RealConvo, visit:
<https://afsp.org/realconvo>



Parents: How to Talk to Your Kids About Suicide

If you suspect that your child is contemplating suicide, then you may find yourself going into panic mode. This is completely normal. Something happening to your child is one of the worst things a parent could imagine. Despite this, it is important to try to remain as calm as possible when approaching your child to talk to assure them you are there to listen and to get them the appropriate help for their situation.

The following are some suggestions on ways to approach this conversation with your kids and tips on how to make this uncomfortable and scary situation a bit less intimidating.

- Practice what you want to say in the mirror or with a friend. It can be scary to initiate this conversation and practicing can help it to feel more natural.
- Take a few deep breaths or use another calming strategy before you talk to them.
- Ask direct questions and be clear about what it is you are asking. "Are you thinking of killing yourself?" "Are you thinking about hurting yourself?"
- Listen to their answer. Put down your phone, maintain eye contact, nod your head, and don't interrupt.
- Thank them for sharing their feelings with you since this can be a really difficult thing to do.
- Reflect what you are hearing back to them. "I hear you are really struggling with what happened with your friends."
- Avoid trying to solve the problem or cheer them up as this can seem invalidating to your child. You could say something like "I know it feels like this disappointment will last forever, and it must be overwhelming to feel that way. Is there anything I can do to help?"
- Remove any medications from their access (you can dispose of medication by taking it to any police station in Carroll County). Remove any weapons or potential weapons from your home.
- Familiarize yourself and your kids with local and national resources for suicide prevention.
- Discuss starting therapy as a way to offer more support.
- Follow up on your conversation and check in often.

RESOURCES FOR SUICIDE PREVENTION

- American Foundation for Suicide Prevention (AFSP)
 - Lots of tools including guides on how to talk to others about mental health struggles
 - afsp.org
- The Jed Foundation's Mental Health Resource Center
 - information about common emotional health issues & shows teens and young adults how they can support one another, overcome challenges, and make a successful transition to adulthood.
 - <https://jedfoundation.org/mental-health-resource-center/>
- Take Action for Mental Health
 - designed to help you check in, learn more, and get support for your own mental health or the mental health of someone you care about.
 - <https://takeaction4mh.com/>
- The Dougy Center
 - support, resources, and connection before and after a death.
 - <https://www.dougy.org/>
- The Jason Foundation
 - educational and awareness programs that equip young people, educators/youth workers and parents with the tools and resources to help identify and assist at-risk youth.
 - <https://jasonfoundation.com/>

Crisis Resources

National Suicide & Crisis Lifeline:

9-8-8 (Call or Text)

Chat: <https://988lifeline.org/chat>

Crisis Text Line: 741-741

The Steve Fund

www.stevelfund.org

Text "STEVE" to 741-741

to speak with culturally competent
crisis counselor

Maryland Helpline:

Dial 2-1-1, press 1

Text zip code to 898-211

or visit 211MD.org

Carroll County Mobile Crisis:

410-952-9552

To access assessment and treatment
services at CCYSB call

410-848-2500 x 1



CARROLL COUNTY

YOUTH SERVICE BUREAU

"It Starts With the Heart."

National Recovery Month

Every Person. Every Family. Every Community.



SAMHSA
Substance Abuse and Mental Health
Services Administration

September is also National Recovery Month. The goal of Recovery Month is to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life. Substance abuse is a major risk factor for suicide. Individuals with a substance use disorder are 6 times more likely to attempt suicide at some point in their lives.

To learn more, visit: <https://www.samhsa.gov/recovery-month>

FOLLOW US ON INSTAGRAM:

@ccysbyouthsuicideprevention

Take a few moments to color and display
this message of hope!

