

SAFE!

Issues Affecting Today's Youth and How You Can Help

Stress

- Negative stress relievers include anger/rage toward self or others, bullying/cyberbullying, self-injury, substance abuse, and risky behavior. Negative stress relievers can become addictive and hard to stop.
- Positive stress relievers include learning to relax, calm down and think, journaling, listening to music, talking to someone, exercise. Adults: Model positive stress relief for teens!
- Stress is the #1 trigger for depression.

Depression

- 50% of all lifetime cases of mental illness begin by age 14; 75% begin by age 24.
- LGBTQ+ youth are 6 times more likely to experience depression than the general public.
- The average delay between onset of symptoms and intervention (getting help) is 8-10 years.
- Symptoms of depression include: Depressed irritable mood or feeling nothing, loss of interest in things formerly enjoyed, fatigue or loss of energy, feeling restless or anxious, changes in appetite or weight, sleeping more or less than usual, difficulty concentrating, feelings of guilt or worthlessness, feeling hopeless or helpless, recurrent thoughts of death or suicide.
- Remember 3-2-1: If you experience 3 or more symptoms, lasting 2 weeks or more, all at one time, you may have depression. See a mental health professional for a checkup.

Suicide

- Suicide is the 10th leading cause of death among ALL ages in the U.S. It is the 2nd leading cause of death among youth ages 10 to 24.
- According to the 2017 Youth Risk Behavior Survey, 1 in 5 high school students said they had seriously considered suicide in the past year, 1 in 10 attempted suicide, and 1 in 33 made a serious attempt that required medical attention.
- LGBT youth are 4 times more likely than heterosexual youth to attempt suicide, have suicidal thoughts, or engage in self harm.

Factors that Increase the Risk for Suicide

- Family history of suicide
- Exposure to another's suicide or graphic depiction of suicide
- Prior suicide attempts
- Alcohol and other substance use disorders
- Access to firearms
- Physical or mental health problems (including mood disorders, trauma- or stress-related disorders)
- History of domestic violence, trauma, child abuse or neglect
- Lack of social support
- Prolonged stress
- Recent or serious loss (death of family member, friend, pet; separation/divorce of parents; home)
- Gender / Age



Warning Signs of Suicide

- Significant changes in personality and mood
- Impulsive or reckless behavior
- Aggressive or hostile behavior
- Extreme anxiety or agitation
- Loss of interest in things
- Withdrawal from friends, family, activities
- Giving things away
- Neglecting appearance or hygiene
- Increased use of alcohol or drugs
- * Talking, writing, drawing about death
- * Feeling hopeless, helpless or worthless
- * Having a plan

**Signs of immediate risk for suicide*

TAG, You're It!

Take it seriously.

- Listen for the underlying problems that death by suicide would solve.
- Don't judge. Don't act shocked or angry. Don't interrupt.
- Accept the reality of their pain.

Ask questions.

- Express concerns. Talking openly about it is the first step to getting help.
- Be specific. "I've been concerned about you lately..."
- Do not be afraid to ask: "Do you sometimes feel so bad that you think about suicide?"
- If the answer is "Yes," ask:
 - "Have you thought about how you'd do it?" *
 - "Have you decided when?" *
 - "Have you made a plan?" *

** Yes = very high risk for suicide*

Get help.

If the situation is life-threatening:

- Go to the nearest emergency room
- Call a crisis help line
- Call 911 (mental health crisis intervention)

Do not leave the person alone until help is available. Take away anything that could be harmful.

If the situation is not life-threatening:

- Make an appointment with a mental health professional for assessment and treatment.

RESOURCES

National Suicide Prevention Lifeline	1-800-273-8255
Crisis Text Line	Text HELLO to 741741
HereForTexas.com	Searchable database of North Texas resources
Here for Texas Mental Health Navigation Line	972-525-8181
The Trevor Project	1-866-488-7386 – Crisis line for LGBTQ youth

REMEMBER: Stress is manageable. Depression is treatable. Suicide is preventable.

Grant Halliburton Foundation is a nonprofit organization committed to mental health and suicide prevention education, information and resources. For more information, visit GrantHalliburton.org