

## QUICK FACTS

- Suicide is the second leading cause of death for young people between the ages of 10 and 24.
  - Youth and young adults between the ages of 10 and 24 account for 15% of all suicides.
  - According to the CDC, suicide rates in this age group increased by 52.2% between the years 2000 and 2021.
- Experts believe that isolation from others during the COVID-19 pandemic has led to an increase in suicide rates.
- In 2021, 26.3% of high school students who identify as LGBTQIA+ reported attempting suicide in the prior 12 months.
- This is 5x higher than the suicide attempt rate for students who identify as heterosexual.
- Warning signs for suicide in children and youth can be subtle, but learning the red flags plays a critical role in intervention and prevention.

## AT-RISK POPULATIONS

- Adults over the age of 45.
- American Indians.
- Alaska Natives.
- Veterans.
- LGBTQIA+.
- Youth and young adults.
- Survivors of suicide attempts.
- Survivors of significant loss.
- Disaster survivors.
- Survivors of abuse.
- Persons with a mental health or substance use disorder.
- Persons with serious illness or chronic pain.
- Persons with legal problems.
- Persons who are socially isolated.
- Survivors of trauma, discrimination, or bullying.

## WARNING SIGNS

- Talking about or making plans for suicide.
- Talking about or having a preoccupation with death or dying.
- Having trouble eating or sleeping.
- Acting anxious or agitated.
- Behaving recklessly.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.
- Increasing their use of alcohol or drugs.
- Loss of interest in work, school hobbies, or socializing.
- Talking about feeling hopeless or having no reason to live.
- Withdrawing from family and friends.
- Showing rage or talking about revenge.
- Displaying extreme mood swings.
- Significant changes in behavior, personality, appearance, or grades.
- Giving away prized possessions.
- Obsessing about lethal means, such as guns, knives, or hanging material.
- Trouble with memory or concentration.
- Frequent complaints of physical pain, such as headaches.
- Saying goodbye to family and friends.
- Self-inflicting injuries.
- Making a will, suicide note, or suicidal threats.

**RECOVERY IS POSSIBLE**

Call 910-862-6900 today to speak to someone who can help.

## ACTION STEPS YOU CAN TAKE

Learn how to recognize the warning signs when someone is at risk for suicide, and what action steps you can take.

If you believe that you, your child, or someone you love may be in danger of suicide:

- Call **911** (if danger for self-harm seems imminent).
- Call or text **988** to reach the **988 Suicide & Crisis Lifeline** and talk to a caring professional.
- Ask them if they are thinking about killing themselves. This will not put the idea into their head or make it more likely that they will attempt suicide.
- Listen without judging and show that you care.
- Stay with the person or make sure the person is in a private, secure place with another caring person until you can get further help.
- Remove any objects that could be used in a suicide attempt.

Again, you can always call or text **988** to reach the **988 Suicide & Crisis Lifeline** and speak with a professional who can give you guidance.



CONNECT | PREVENT | SUPPORT

### TAKE ACTION

If your child or loved one is not at imminent risk of suicide but is displaying concerning behaviors or warning signs, seek help as soon as possible. The sooner you address the issue, the better the outcome for your child.

- Reach out to your child's school counselor, pediatrician, primary care physician, or a mental health professional.
- Remember that early intervention is always best for your loved one's health and well-being.

Call 910-862-6900 today to speak to someone who can help.

This publication is supported by the Health Resources and Services Administration (HRSA) of the US Department of Health and Human Services (HHS) as part of an award totaling \$1,000,000 with 0% financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by HRSA, HHS, or the US Government. For more information, please visit [HRSA.gov](https://www.hrsa.gov).

Resources available upon request.

©2023