



Information about Youth Suicide

NATIONAL RESOURCES

Surgeon General's Call to Action to Prevent Suicide

<http://www.surgeongeneral.gov/library/calltoaction/>

National Strategy for Suicide Prevention: Goals and Objectives for Action

<http://mentalhealth.samhsa.gov/publications/allpubs/SMA01-3517/>

The President's New Freedom Commission on Mental Health: Achieving the Promise (2003)

<http://www.mentalhealthcommission.gov/reports/reports.htm>

American Association of Suicidology

4201 Connecticut Ave., NW, Suite 310,
Washington, DC 20008
202-237-2280

www.suicidology.org

American Academy of Child and Adolescent Psychiatry

www.aacap.org

Suicide Prevention Resource Center

55 Chapel Street
Newton, MA 02458
877-438-7772

www.sprc.org

CONNECTICUT RESOURCES

Youth Suicide Advisory Board

<http://www.ct.gov/dcf/>

State Department of Public Health

Injury Prevention Program

<http://www.dph.state.ct.us/>

State Department of Mental Health & Addiction Services

CT Youth Suicide Prevention Initiative

<http://www.ct.gov/DMHAS/cwp/view.asp?a=2912&q=335130>

Connecticut Clearinghouse

1-800-232-4424, or 860-793-9791

www.ctclearinghouse.org



REFERENCES

U.S. Public Health Service Mental Health: National Strategy to Prevent Suicide: Goals and Objectives for Action.

NCHS National Vital Statistics System for numbers of deaths, U.S. Bureau of Census for population estimates. Statistics compiled using WISQARS™, produced by the Office of Statistics and Programming, NCIPC, CDC.

Injury Fact Book 2006, National Center for Injury Prevention and Control.

Connecticut School Health Survey (2009)

YOUTH SUICIDE PREVENTION



CT DEPARTMENT OF CHILDREN & FAMILIES



CT YOUTH SUICIDE ADVISORY BOARD

Connecticut YSAB

The Connecticut Youth Suicide Advisory Board (YSAB) was established within the Department of Children and Families. It is charged to increase public awareness about youth suicide and to make recommendations to the Commissioner regarding the prevention of youth suicide.

The Problem

For youth 10-24 years old, suicide is the third leading cause of death, behind unintentional injury and homicide (National Center for Injury Prevention and Control Injury Fact Book).

More than 33,000 suicides occurred in the US in 2009. (NCIPC) In Connecticut, from 2000-2007, suicide was the third leading cause of death among Connecticut youth ages 15-19. (CDC WISQARS)



Results from the 2009 Connecticut School Health Survey report that among high school students:

- 25% felt sad or hopeless for more than 2 weeks
- 14.1% seriously considered attempting suicide
- 7.4% actually attempted suicide

Risk and Protective Factors

Risk factors are stressful events, situations and/or conditions that are associated with greater potential for suicide and suicidal behavior. According to the Surgeon General, these include but are not limited to:

- Alcohol/substance abuse
- Mental health issues, particularly mood disorders such as depression and bipolar disorder
- Traumatic loss – death or suicide of a loved one
- Impulsive and/or aggressive tendencies
- Significant disappointment, humiliation or loss of status (e.g., break-up, or arrest)
- Past Suicide Attempts
- Easy access to lethal methods, especially guns

Protective factors reduce the likelihood of suicide. These include but are not limited to:

- Easy access to a variety of effective clinical interventions and support for help seeking
- Family and community support
- Skills in problem solving, conflict resolution, and nonviolent way of handling disputes
- Cultural and religious beliefs that discourage suicide and support instincts for self-preservation



Important Numbers

- Suicide Hotline
1-800-273-TALK (8255)
- 911
- 2-1-1 (Infoline: Suicide/crisis, information and referral line)



Resources That Can Help

- Family Member/Friend
- Religious Leader
- Teacher/Guidance Counselor
- 211 Infoline (Suicide/crisis, Emergency Mobile Psychiatric Services, information and referral line)
- Employee Assistance Program
- Current Clinician and/or Psychiatrist
- Emergency Room