

Youth Suicide Prevention

2nd

Suicide is a serious public health problem among all age groups, and is the second leading cause of death among youth age 15-24. Among youth, it exacts an enormous toll due to the significant years of potential life lost.

1 of 15

Approximately one out of every 15 high school students reports attempting suicide each year.

1 of 53

One out of every 53 high school students reports having made a suicide attempt that was serious enough to be treated by a doctor or a nurse.

100+

times

For each suicide death among young people, there may be as many as 100 to 200 suicide attempts.

For some groups of students—including those who are involved in the child welfare and juvenile justice systems, and those who identify as lesbian, gay, bisexual and transgender, and American Indian/Alaska Native students—the incidence of suicidal behavior is even higher.

However, youth suicide is preventable. Prevention efforts can be aimed at all levels of influence: individual, relationship, community and societal.

Know the Risk & Protective Factors

There's no single cause for suicide. Suicide most often occurs when stressors and health issues converge to create an experience of hopelessness and despair. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated. Conditions like depression, anxiety, and substance problems, especially when unaddressed, increase the risk for suicide. The goal of suicide prevention is to reduce factors that increase risk and increase factors that promote resilience.

Risk Factors

- Psychological symptoms: insomnia, perceived burdensomeness, impulsivity, suicide ideation
- Interpersonal conflict, especially with a romantic partner or parents/caregiver
- Bullying: being a victim, perpetrator, or both
- Current substance misuse
- Social isolation
- Legal trouble or incarceration
- Access to lethal means

Protective Factors

- Connectedness to individuals, family, school, community, and social institutions
- Life skills such as problem solving, coping, and ability to adapt to change
- Self-esteem and a sense of purpose or meaning in life
- Access to effective behavioral health care

Resources

[Overview of Teen Suicide](#)

[Warning Signs of Suicide in Children & Teens](#)

[What To Do When Someone is at Risk](#)

SIMPLE

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