

# MENTAL HEALTH MEMO

## SUICIDE AWARENESS



### HOW TO HELP

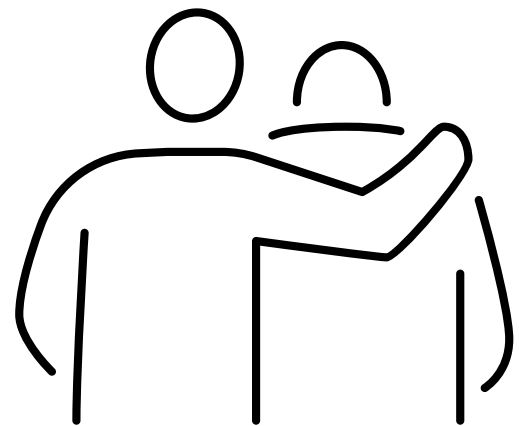
- **Never dismiss what your loved one is saying.**
- **Listen with empathy and provide support**
- **Learn the warning signs.**
- **Don't keep suicide a secret.**
- **Consider taking your child to the hospital if they are in immediate danger**
- **Help your child find support through mental health services**
- **Avoid judgement**
- **Ask questions and seek understanding**
- **Do not ask for promises**
- **Try to be accepting and normalize their experiences**

Suicide is a public health issue that impacts individuals from ALL backgrounds and of all ages, not just those with a mental health condition. Suicide is in the news and in popular entertainment now more than ever, especially in regard to teens. You can play a role in building up your child's mental health simply by becoming aware of the risk factors and warning signs that can lead to suicide, making yourself available to your child, knowing how to practice having a caring conversation, and being aware that help is always available. 54% of people who die by suicide did not have a diagnosable mental health disorder. Suicide/suicidal ideation is not a brand or a label, it's a sign a person is suffering and needs treatment. Suicide is now the 2nd leading cause of deaths for ages 10-14y and the 10th leading cause of death for ages 5-9y. The rate of suicide attempts for females ages 10-14y have doubled since COVID-19 pandemic. Spring has the highest rate of suicide. Talking about suicide does not encourage suicidal thoughts or attempts, it reduces stigma and allows the person to get help.

### KNOW THE WARNING SIGNS

**IS PATH WARM** is an acronym created by the American Association of Suicidology to help the public remember the immediate warning signs of suicide:

**I**deation  
**S**ubstance abuse  
**P**urposelessness  
**A**nxiety  
**T**rapped  
**H**opelessness  
**W**ithdrawal  
**A**nger  
**R**ecklessness  
**M**ood changes



**There are crisis lines available:**

**Suicide Hotline: 988**

**Crisis Text Line: 24/7 Text HOME to 741741**

**Boystown National Hotline: 800-448-3000**

**Young People's Support Group- Region 6**

**ST. TERESA OF CALCUTTA CAMPUS**

**9223 BEDFORD AVE | 531-213-7396 | CCBHS@CCOMAHA.ORG**

**NATIONAL SUICIDE PREVENTION LIFELINE 988**

