***SUICIDE PREVENTION***

***Chapter 5, Section 3***

***GLENCOE HEALTH (2011)***

**BIG IDEA:**

Professional and support from friends and family can often help suicide.

**NEW VOCAB:**

* alienation
* suicide
* cluster suicides

**Knowing the Facts About Suicide**

 Certain risk factors increase of suicide and suicide attempts.

 about suicide and where to go for help may prevent someone from attempting suicide

 For some people, can cause alienation

 Feeling isolated and separated from everyone else

People who feel alienated may be unable to with difficult life experiences.

 They may seek to from the pain and consider ending their lives.

 Suicide is the third leading cause of death for teens ages

 The act of intentionally taking one’s own life

**Suicide Risk Factors**

 to other teens who have died by suicide is a risk factor that can lead to cluster suicides.

 A series of suicides occurring within a short period of time and involving several people in the same school or community

**Strategies to Prevent Suicide**

 the signs of suicide may help prevent it.

When someone talks about committing suicide—whether it’s done in a serious, casual, or even humorous way—

Any discussion or suggestion about suicide requires attention.

 agree to keep a secret if a friend says he or she is considering suicide.

Tell an adult

The signs of suicide should be taken seriously.

The more signs , the more likely it is that the person is thinking about suicide.

**WARNING SIGNS OF SUICIDE**

* Direct statements such as “I wish I were dead.”
* Indirect statements such as “I can’t take it anymore.”
* Writing poems, song lyrics, or diary entries that deal with death
* Direct or indirect suicide threats
* An unusual obsession with death
* Withdrawal from friends
* Dramatic changes in personality, hygiene, or appearance Impulsive, irrational, or unusual behavior
* A sense of guilt, shame, or rejection; negative self-evaluation
* Deterioration in schoolwork or recreational performance
* Giving away personal belongings
* Substance abuse
* Complaints about physical symptoms, such as stomachaches, headaches, and fatigue
* Persistent boredom and indifference
* Violent actions, rebellious behavior, or running away Intolerance for praise or rewards

**How You Can Help**

People who are considering suicide often that their death will not matter to anyone.

Showing when talking with that person will let him or her know you are concerned.

If someone you know may be suicide, try the following:



Call a center or a suicide hotline if you feel you might be in danger of hurting yourself.

 You can also speak to a crisis worker about someone you are about.

 Suicide support groups are available in most communities.

**Suicide Risk Factors**

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**Access to guns**

**Family history of mental disorders, substance abuse, or suicide**

**Previous suicide attempts**

**A stressful situation or loss**

**A history of abusing alcohol or other drugs**

**Depression or another mental disorder**