

## Suicide can be prevented

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- Suicide is the second leading cause of death in the U.S. for youth ages 10 to 19, according to the Centers for Disease Control and Prevention, which reports that about 4,600 youth take their own lives each year.
- More than one in every 10 high school students reported having attempted suicide; nearly 1 in 6 students between the ages of 12-17 have seriously considered it.
- More than 30% of LGBTQ youth report at least one suicide attempt within the last year.
- More than 50% of Transgender youth will have had at least one suicide attempt by their 20th birthday.
- Youth suicides outnumber youth homicides.
- Arizona's suicide rate for 15 to 19 year olds increased from 1999 to 2016 by 17.3%

The statistics are a sobering reminder that suicide is a reality –and parents, friends, family are left with more questions than answers and the pain of a loss that should not have been.



Suicide can be prevented but “it takes a village” of educators, parents, family, friends to be ever vigilant and aware of the potential signs that a student is thinking about harming him/herself. Below are listed many resources to help parents, educators, friends and family to understand more about suicide and to know what to do to prevent it from happening.

<http://www.azspsc.org/resources.html#Maricopa> (resources in Maricopa County for suicidal teens)

<https://www.raisingarizonakids.com/2013/10/preventing-teen-suicide/> (great site with personal stories, specific ways/tips to prevent suicide, a video by a parent whose son committed suicide, called “You Matter”)

<https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Ten-Things-Parents-Can-Do-to-Prevent-Suicide.aspx> (From the American Academy of Pediatrics a list of ten practical things Parents can do to Prevent Suicide)

<http://kidshealth.org/parent/emotions/behavior/suicide.html#> (focus on Teen Suicide and offers tips for parents, warning signs, etc.)