

TEEN SUICIDE

Suicide is the third leading cause of death in adolescents. Research has found that the major factors of suicide among young people are:

- Poor self esteem
- Depression
- Substance abuse
- Childhood abuse
- Behavioral issues
- Family history of substance abuse or depression
- Poor or non-existent support network
- Hostile school and/or social environment
- Exposure to other teen suicide
- Recent traumatic event

Depression may be difficult to recognize in teens and many believe it is just a phase or the child is just angry. If these feelings or behaviors last more than a week or two without relief then be aware of the following warning signs:

- Loss of interest in activities that were sources of enjoyment
- Drop in school performance
- Withdrawal from family and friends
- Change in eating and sleeping habits
- Self-neglect
- Sudden outbursts of temper
- Reckless or dangerous behavior
- Drug or alcohol use
- Increase in complaints about physical symptoms
- Feelings of worthlessness, hopelessness, helplessness
- Loss of concentration
- Fatigue or lack of energy or motivation
- Will not accept praise or rewards
- Preoccupation with sad thoughts or death

Resources-Websites:

Teen Depression: [A Guide for parents and teachers](#)

Youth Suicide Prevention Program: [A Parent's Guide to Recognizing and Treating Depression in Your Child](#)

[Suicide Prevention Resource Center](#)

[Suicide Prevention Coalition of Long Island](#)

[Stop A Suicide](#)

[Society for the Prevention of Teen Suicide HelpGuide](#)

Resources-Evidence-Based Curricula:

[SOS \(Signs of Suicide\)](#)

[CAST \(Coping and Support Training\)](#)

[LifeLines](#)