

# Suicide Prevention: Facts and Risks

The Center for Disease Control (CDC) reported that in 2014, more than 5,000 adolescents and transitional-aged youth (TAY) ages 10-24 died by suicide.

There is no single cause for suicide. Risk factors include social isolation, mental illness, substance use, self-mutilation, bullying, and situational crises.

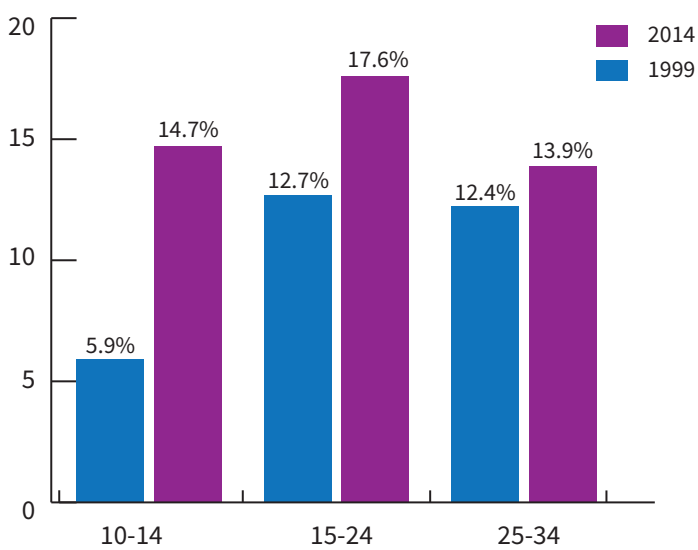
If someone you know is considering suicide, talk to them. Listen to them. Let them know that you are there with them and that they are not alone.



(cdc.gov)

On average, there are 117 suicides per day (<https://afsp.org/about-suicide/suicide-statistics/>)

The amount of suicides for adolescents and TAY in the US increased significantly between 1999 and 2014



<http://webappa.cdc.gov/cgi-bin/broker.exe>

## The CDC's 2015 Youth Risk Behavior Study (YRBS) reported that in 2015:

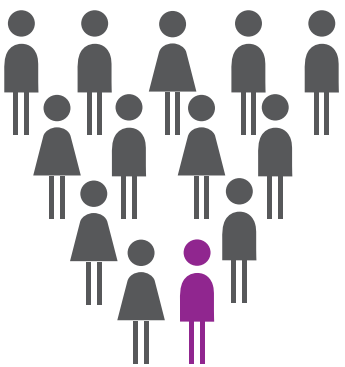
- Nationwide, **8.6% of students** in grades 9-12 attempted suicide one or more times in the year before taking the survey.
- 43% of lesbian, gay, and bisexual (LGB)** students in grades 9-12 seriously considered suicide, **38%** made a suicide plan, and nearly **30%** attempted suicide.
- Students who reported being bullied in school:

**34.2%**  
LGB Students

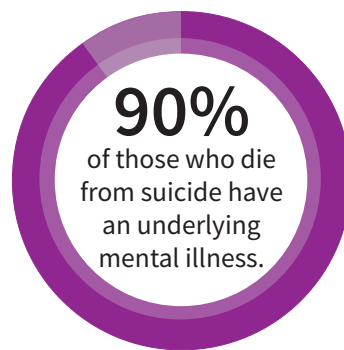
**18.8%**  
Heterosexual Students

**24.9%**  
Not Sure Students

Suicide rates in the United States jumped 24% in the years between 1999 and 2014. (cdc.gov)



SAMHSA reported that **one in 13 young adults** in the United States had serious thoughts of suicide in the past year.



According to the CDC, suicide was the **second leading cause of death** for 10 to 24 year olds in 2013.

SAMHSA reported that in 2014, **2.8 million adolescents** in the United States aged 12-17 had at least one major depressive episode.

## Know the signs:

- Feelings of hopelessness
- Trouble sleeping or sleeping all the time
- Expressions of having no reason for living
- Feelings of being trapped, like there's no way out
- Increased alcohol and/or drug use
- Withdrawal from friends, family, and community
- Uncontrolled anger, agitation, or anxiety
- Reckless behavior
- Dramatic mood changes
- Giving away prized possessions

## Talk to someone:

**Suicide Prevention Life Line:** 1-800-273-TALK (1-800-273 8255)  
The toll-free call goes to the nearest crisis center. These centers provide 24-hour crisis counseling and mental health referrals.

**The Trevor Project:** 1-866-4-U-TREVOR (866-488-7386)  
Help line for LGBTQ young people ages 13 to 24.

**The LGBTQ National Help Center**  
Hotline: 1-888-THE-GLNH (888-843-4564)  
Youth Talkline: 1-800-246-PRIDE (800-246-7743)

**SAMHSA Treatment Referral Helpline:** 1-877-SAMHSA7 (1-877-726-4727)