

# 2019 Required Notice of Youth Suicide Prevention Resources



More youth suicide prevention resources are available at: <http://dpi.wi.gov/sspw/mental-health/youth-suicide-prevention>

## Youth Suicide Prevention Resources Are Available

To get updated information on suicide prevention, intervention, and postvention resources, visit [DPI's website](#). There are downloadable documents on suicide prevention requirements in state law, a fact sheet on youth suicide, and updated suicide prevention curriculum. It also includes a variety of resources for gatekeeper training for all staff and DPI's updated one-day training flyer, description, and calendar. Other resources include strategies on suicide interventions, memorial suggestions, and other topics.

### Know the Signs

Suicide doesn't usually happen out of the blue—most often there are warning signs for others to see or hear. Get the *FACTs* and know the signs of suicidal thinking in your students, friends, and family members.

#### Feelings

- ◆ Hopelessness
- ◆ Rage, uncontrolled anger, seeking revenge
- ◆ Feeling trapped – like there's no way out
- ◆ No sense of purpose in life

#### Actions

- ◆ Acting reckless or engaging in risky activities
- ◆ Withdrawing from friends, family, and society
- ◆ Increased alcohol or drug use
- ◆ Giving away prized possessions

#### Changes

- ◆ Decline in quality of school work
- ◆ Dramatic mood changes
- ◆ Anxiety, agitation, change of eating/sleeping habits

#### Threats

- ◆ Threatening/talking about hurting self

*From American Association of Suicidology*

Suicide Prevention: Warning Signs

### Suicide Is a Complex Problem

Multiple factors are involved when someone dies by suicide. Oversimplifying the reasons someone takes their own life is not helpful. For instance, saying bullying "caused" someone to end their life is not accurate. Not all bullying victims kill themselves. Research suggests many factors contribute to suicide. These include: biological factors, precipitating factors, and triggering events. Examples of biological factors include mental illness or losing a family member to suicide. Precipitating factors include poor grades, attending an unsafe school, victimization, or family rejection. Crisis/triggering events include experiencing a major loss, humiliation or bullying, and having access to lethal means. Suicide is a complex problem that is often misunderstood when oversimplified.

*From: American Association of Suicidology (AAS) webinar January 2011.*

#### Identifying the factors for disproportionate youth suicide risk is vital to prevention.

- Mental health issues: the most common mental illness leading to suicide is depression. It is also the most treatable!
- LGBTQ youth: the 2017 YRBS data showed LGBTQ youth were at least 2.5 times more likely to have thought about suicide, planned how to end their life, or attempted suicide than the overall student population.
- AODA issues: Binge drinking is highly correlated with suicide attempts. 90 percent of people who died by suicide had some form of mental illness and/or an alcohol/other drug abuse problem.

#### Reducing access to lethal means can be very worthwhile. (see [www.meansmatter.com](http://www.meansmatter.com))

- Limiting access to the means for suicide provides the most significant reduction in suicide rates. Most often, youth who attempt suicide use a gun or drugs kept in the home.
- Do not allow youth to have unsupervised access to firearms and certain medications. Encourage safe/secure storage of all lethal means is a critical prevention strategy.

*When youth are facing what they believe is a crisis and exhibit warning signs of suicide, be sure they are not left alone or sent home without supervision.*