

SUICIDE

**A permanent solution
to a
temporary problem.**

SUICIDE STATISTICS

What do you think the top leading causes of death are for your age group (5-24)?

1st Accidents

2nd Homicide

3rd leading cause of death in PA for young people between ages of 15-24

SUICIDE

-224 in PA 2010 PA DEPARTMENT OF HEALTH

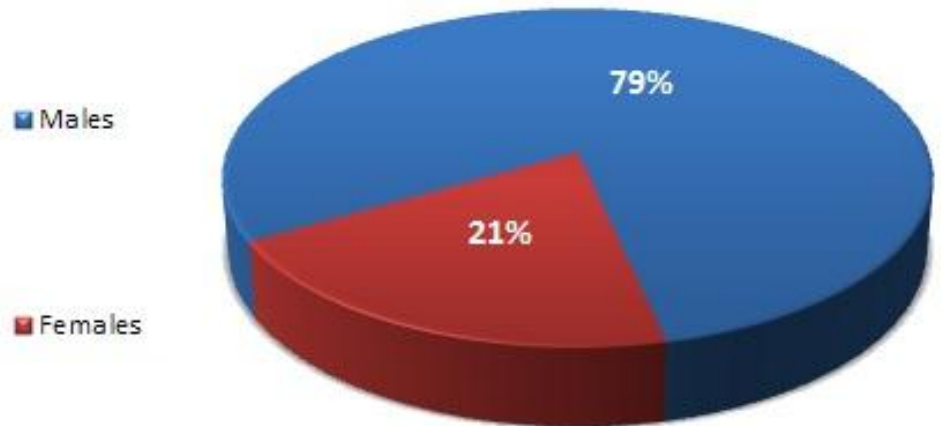
-180 in PA 2009 (PA Department of Health)

*THERE IS ALWAYS ANOTHER OPTION

Suicide Statistics

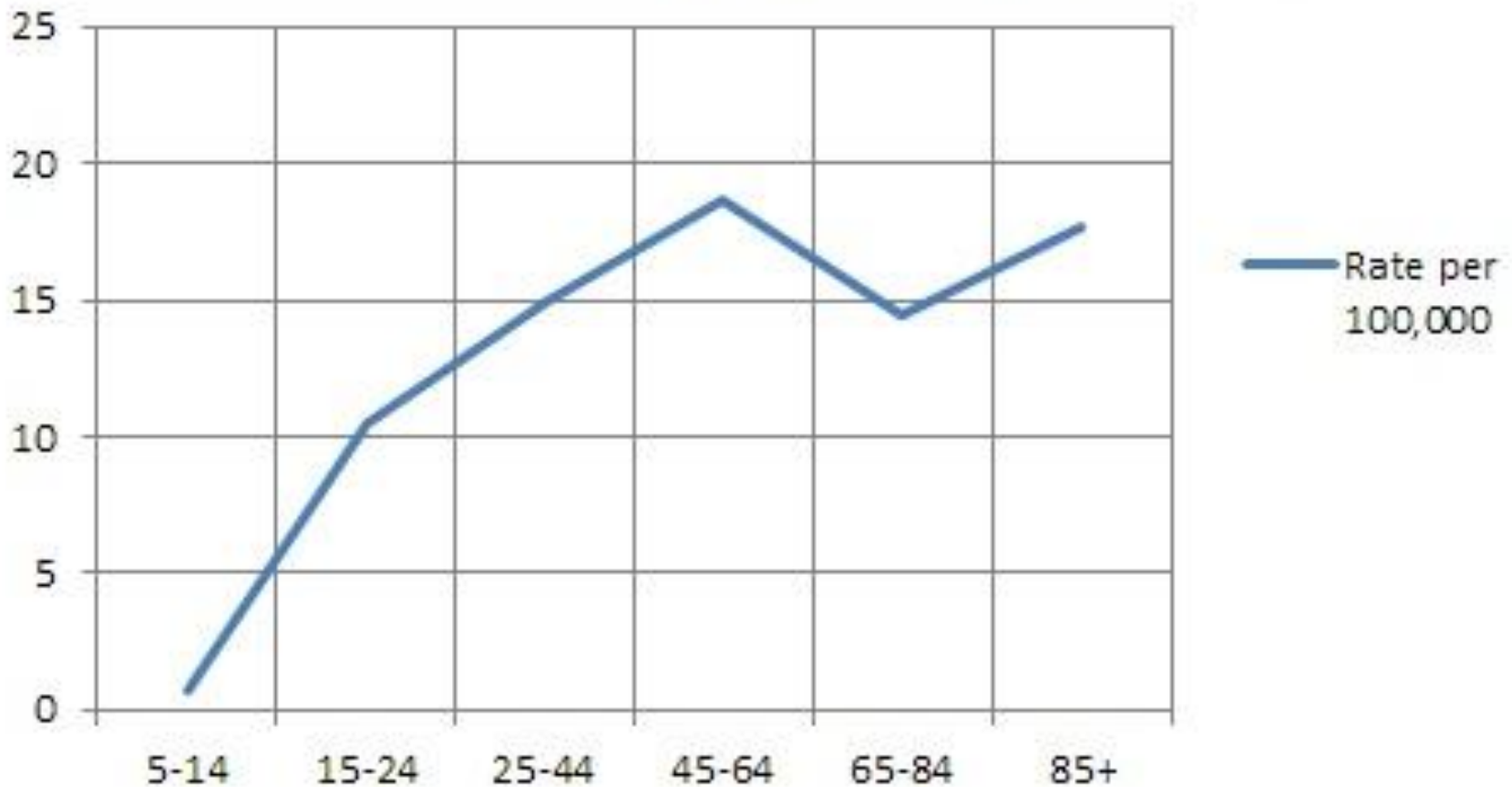
- Females attempt suicide 3x more than males
- Males are 4x more likely to die by suicide than females

Dist. of Suicide by Sex for 2010



What can we determine from this graph?

Suicide Rate by Age Group for 2010



Suicide Statistics

- 1 person dies of suicide approximately every 14 minutes in the United States
- 105 people will take their life in the United State today alone.

SUICIDE RISK FACTORS

- 90% of people that commit suicide have diagnosable and TREATABLE mental illnesses.

- Clinical Depression
- Other Depressions
- Bipolar
- Schizophrenia
- Alcoholism
- Eating Disorders
- Drug Abuse/Dependence

*Most people with mental illness do not die by suicide *THERE IS ALWAYS ANOTHER OPTION*

Warning Signs of Suicide

- All signs of depression
- No hope for the future
- Giving/throwing away favorite possessions
- Previous suicide attempt(s)
 - Estimated 20-50% attempted before
- Making a will
- Speaking about death (idolizing)

THERE IS ALWAYS ANOTHER OPTION

Warning Signs of Suicide (cont.)

- **Rebellious behavior ex. Running away**
- **Boredom**

- **Suddenly cheerful after extended period of depression**

- **Making a plan**

- **Increased Drug and/or alcohol abuse**

- **VERBAL HINTS**

“I won’t be a problem for you anymore”

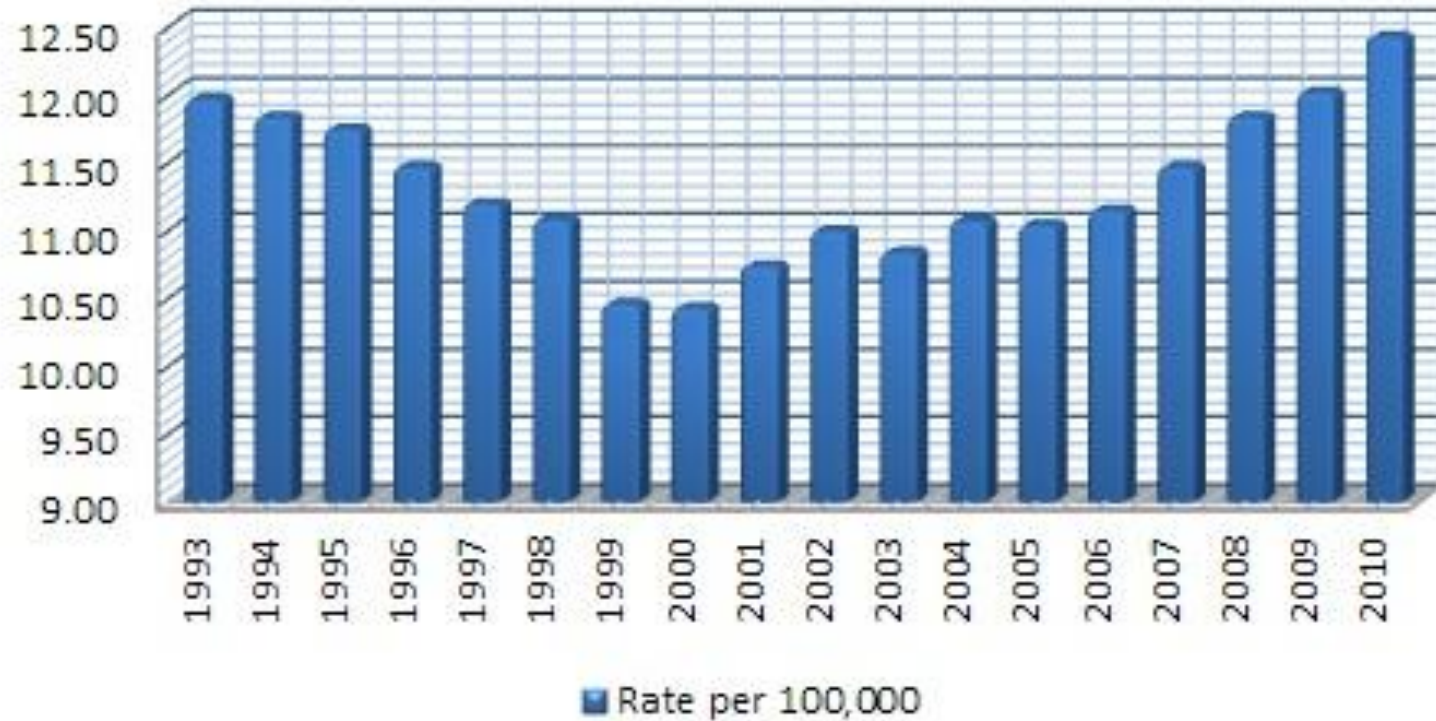
“I won’t see you again”

“Nothing matters anymore”

“It’s no use”

Why are suicide rates on the rise?

Suicide Rate since 1993



THERE IS ALWAYS ANOTHER OPTION

What to do?

- **Know the Facts**
 - **ASK FOR HELP!!!**
 - **Always take it seriously- 50-75% give some sort of verbal warning to friend or family**
 - **LISTEN- If you are aware a friend has depression don't be afraid to ask if they have thought about suicide**
 - DO NOT ARGUE WITH THEM**
- **ALWAYS REPORT IT!!!!****
- **CALL 1-800-273-TALK**
 - **1-800-SUICIDE**

WHO CAN YOU TALK TO???

1. Mr. Derstine jderstine@methacton.org

2.

3.

4.

5.

THERE IS ALWAYS ANOTHER OPTION