

Statistics:

- Suicide is the third leading cause of death among all children and adolescents in the United States, including those aged 10 to 19 years
- Suicide accounted for 14 percent of deaths in adolescents aged 15 to 19 years, and 8 percent of deaths in children aged 10 to 14 years.
- There are as many as 50 to 100 suicide attempts for every completed suicide in adolescents
- A nationally representative survey in the United States found that among adolescents who suffered suicidal ideation, a subsequent attempt occurred in 34 percent

Predisposing factors:

- Psychiatric disorders
- Previous suicide attempt
- Family history of mood disorder and/or suicidal behavior
- History of physical or sexual abuse
- Exposure to violence
- Biologic factors

Precipitating factors: **importance of intervention**

- Access to means
- Alcohol and drug use
- Exposure to suicide
- Social stress and isolation**
 - Interpersonal problems, such as a relationship breakdown and/or argument with partner, family, or friend(s), are the most commonly cited reason for suicide attempts provided by both previous attempters and their significant others
 - Suicidal adolescents who keep thoughts to themselves appear to be at greater risk for suicide attempt than those who discuss their suicidal ideation with others
- Emotional and cognitive factors

Protective Factors **where we can help**

- Effective clinical care for mental, physical, and substance abuse disorders
- **Easy access to a variety of clinical interventions and support for help seeking**
- **Family and community support (connectedness)**
- **Support from ongoing medical and mental health care relationships**
- Skills in problem solving, conflict resolution, and nonviolent ways of handling disputes
- Cultural and religious beliefs that discourage suicide and support instincts for self-preservation

2012 National Strategy for Suicide Prevention:

“The National Strategy is a call to action that is intended to guide suicide prevention actions in the United States over the next decade. It outlines four strategic directions with 13 goals and 60 objectives that are meant to work together in a synergistic way to prevent suicide in the nation.”

1. Create supportive environments that promote healthy and empowered individuals, families, and communities
2. Enhance clinical and community preventive services
3. Promote the availability of timely treatment and support services
4. Improve suicide prevention surveillance collection, research, and evaluation