



[S.I.S.]
Store It Safe®

Suicide Prevention

Family Discussion Guide

SUICIDE FACTS

**EMOTIONAL
TRIGGERS**

RISKS

BARRIERS

**SUICIDE
WARNING SIGNS**

**TALKING TO
YOUR CHILD**

RESOURCES



Ohio Chapter

INCORPORATED IN OHIO

American Academy of Pediatrics

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ISMA
INDIANA
STATE
MEDICAL
ASSOCIATION

Suicide Facts



50% OF SURVIVORS
made an attempt within
20 minutes of their decision
to attempt suicide



Unsupervised youth firearm
access **triples** the risk of
death by suicide



2 IN 10 STUDENTS
(20%) seriously considered
attempting suicide and almost
1 in 10 (9%) students
attempted suicide



16% OF HIGH SCHOOL STUDENTS made a suicide
plan within the past year



82% OF YOUTH who died
by suicide used a firearm from their home

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Emotional Triggers

Should Not Be Lethal

What can you do to keep your youth safe?

- EVERY youth is at risk
- The adolescent brain is still developing, which can lead to emotional situations that override their still-developing impulse control
- Knowing risks for injury and using a barrier can help keep youth safe
- Youth can engage in risky behaviors and react to seemingly small stressors
- Even with no history of depression, youth sometimes make impulsive decisions with deadly results. **Education alone is not enough.**



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Risks



Firearms:

- 90% of suicide attempts with a firearm are fatal
- Nearly 2/3 of all US firearm deaths are due to suicide
- The rate of firearm suicide by teens is up 61% over the past 10 years
- Youth should not know the combination or location of keys to firearm safe



Medications:

- Youth often take medications in suicide attempts
- Both prescription and over-the-counter medications can result in overdose deaths
- **Tylenol**, when taken over suggested dosage, can cause life-threatening injuries or death, even if appearing symptom free for the first 24 hours



Alcohol/Drugs:

- Alcohol is the most commonly used and abused drug among youth in the US and is readily accessible in homes
- Alcohol causes more than 4,300 deaths among US teens each year

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Barriers are Effective



Firearms:

- Even if experienced with firearms, youth should only have supervised access to them
- Keep any firearms that are not under your direct control locked away
- Ammunition should also be locked when not in use
- Consider temporarily removing firearms from the home if someone is suicidal



Medications:

- Always keep prescription and over-the-counter medications locked away and out of the reach of children and youth
- Have a family conversation about the dangers of misusing medications
- Never share medications with family members
- Dispose of prescription medications after the period they are prescribed



Alcohol/Drugs:

- Like medications, alcohol and drugs should be locked away and not accessible to youth
- Talk to your youth about the potential dangers of alcohol and drugs. Keep the lines of communication open and let your youth know that they will not be in trouble if they come to you with concerns.

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Suicide Warning Signs



- Depression and other mental health concerns, or a substance use disorder
- Talking about feeling hopeless or worthless
- Previous suicide attempt(s)
- Withdrawing or isolating from friends, peers and family
- Family history of suicide, mental illness, or depression
- Knowing someone with suicidal behavior (for example, a family member, friend or celebrity)
- Severe stress or anxiety
- Sudden changes in behavior such as talking less or becoming disengaged
- Bullying

Whether your child has mental health concerns or not, youth should not have unsupervised access to any lethal means. This includes firearms, medications (prescription and over-the-counter), drugs and alcohol. Keep these items locked away and ensure youth do NOT know the location of the keys.

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Talking to Your Child

My child...

...Is an honor roll student
...Is in the school band
...Doesn't make friends easily
...Is a talented athlete
...Is busy all the time
...Has a lot of friends
...Runs with the popular crowd
...Spends a lot of time alone
...Has a small, close group of friends
...Is leader of a school club
...Struggles with grades

Should I talk to my child about mental health and suicide?

YES!

Every parent should be having honest and open discussions with their teen no matter the circumstances. Depression and suicide may be hard to recognize, which is why an open dialogue is key.

Have frequent conversations with your teen on this topic even if your teen seems disinterested. Incorporating them into your normal routine, such as during family dinners, is an easy way to do so.

You can make a difference.

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Resources

Your youth's safety is important to you, your doctor, and members of your community. You deserve to have all the information possible to prevent injury risks.

- 1) Have a discussion with your youth and their pediatrician
- 2) If you have further questions, refer to the following resources and continue to do frequent check-ins with your youth:
 - **Crisis Text Line** - Text 4HOPE to 741741
 - **Suicide Prevention Resource Center** - <https://www.sprc.org/>
 - **Suicide Prevention Lifeline** - <https://suicidepreventionlifeline.org/>
 - **Suicide and Crisis Lifeline** - Call or Text 988
- 3) If you have life threatening concerns go directly to your local emergency department

Questions?

Ohio AAP resources can be found at:

<http://ohioaap.org/storeitsafe>

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