

*SIGNS  
OF  
CONCERN*



*if*

**Awareness.....**

**The first step  
to Prevention**

*if*

**It is estimated that**

**Each year we will  
lose 5,000 Young  
People.**

*if*

**That means**

**We lose approximately  
100+ young people  
EACH WEEK in our  
nation to Suicide.**

**if**

## **That means**

**In a typical week, there are  
more than 19,000 suicide  
attempts nationally!**

**Almost two attempts *each*  
*minute!***

*if*

**Fact**

*Suicide is the THIRD  
leading cause of  
death for youth ages  
15-24*

*if*

**Fact**

*In Ages 10-14...*

*We have seen an  
alarming 128% increase  
in Suicides since 1980.*

*if*

**Fact**

*Suicide is now the  
**SECOND** leading  
cause of death for  
college-age youth.*

if

**Fact**

*Suicide rates have  
tripled for our youth  
in the past forty  
years.*

# **SYMPTOMS of TEEN DEPRESSION**

- **Depressed or irritable mood**
- **Decreased interest or pleasure in activities**
- **Substance abuse**
- **Change in appetite or weight**
- **Sleeping more or less than usual**
- **Feeling restless or slowed down**

- Feelings of guilt  
or  
worthlessness

**\*especially  
following an  
incident at home  
or school**

- Decreased  
concentration
- Sense of  
hopelessness
- Recurrent thoughts  
of suicide
- Fatigue or loss of  
energy

## **\*NOTE\***

**Not all children or teens show signs of fatigue or lack of energy when depressed. In some situations, a suicidal teen may actually have an increase in energy or increase in happiness or feelings of well being.**

# What Are The Risks of *NOT* Treating for Teen Depression?

# The most serious risk is the potential for suicide.

- Suicide is the **THIRD** leading cause of death in 15-24 year olds
- Suicide is the **SECOND** leading cause of death in college students

DECREASED  
SCHOOL  
PERFORMANCE IS  
A COMMON  
“RED FLAG” FOR  
DEPRESSION.

Dr. Karen Swartz  
Department of Psychiatry  
Johns Hopkins University School of Medicine

Teenage girls reported  
more symptoms of  
depressed mood than  
teenage boys.

National Institute of Mental Health

# FACT

- For every completed suicide, there are between 8 and 20 attempted suicides
- Adolescent girls attempt suicide three times as often as boys.
- Adolescent boys complete suicide four times as often as girls

# WARNING SIGNALS

- Talking directly or indirectly about dying or suicide
- Depression, sadness
- Change in eating or sleeping habits
- Lack of energy
- Boredom & loss of interest in activities

- **Mood shifts**
- **Withdrawal from social contact**
- **Giving away prized possessions**
- **Recent lack of concern about physical health or hygiene**

- **Preoccupation with death through poetry or artwork**
- **An increase in alcohol or drug use**
- **Isolation**
- **Taking unusual risks**

- **Acquiring the means of suicide**  
**Guns, drugs, etc**
- **A previous suicide attempt**
- **Family history**
- **Discouragement about the future**
- **Self criticism**

Approximately 14  
young people  
between the ages  
of 15-24 die every  
day by suicide.

EVERY HOUR &  
40 MINUTES, A  
PERSON UNDER  
THE AGE OF 25  
COMPLETES  
SUICIDE.

**When there is reason to believe that a child has been abused and/or neglected and the child's health and safety is at immediate risk if he or she remains in the home, the Child Protective Services (CPS) Division of the Texas Department of Protective and Regulatory Services (DPRS) can take custody of the child.**

**AVERTING  
TEEN  
SUICIDE**

# THE DO'S

- **Do get involved**
- **Do be willing to listen**
- **Do allow them to express their feeling**
- **Do discuss suicide openly and frankly**
- **Do be a non-judgmental listener**

- **Do show interest and support**
- **Do get help from agencies and professionals**
- **Do notify parent or guardian if the student has acknowledged having access to drugs and lethal weapons**

# AND DONT'S

- **Don't refuse to talk about it**
- **Don't offer platitudes or glib answers**
- **Don't "dare" a suicidal person to commit suicide (this may come from their peers, on "my space" or through text messages)**

# Helpline Contacts

- **National Suicide Help Line:**

**1-800-784-2433**

- **Teen Help Line:**

**972-233-TEEN (8336)**

•Hope Rising Program  
Frisco Independent School District  
Patti Kubanet RN, CNS, CTLS  
[KubanetP@friscoisd.org](mailto:KubanetP@friscoisd.org) 469-633-6868



•The National Institute for Trauma & Loss In Children  
William Steele MSW, PsyD.



•Teens & Stress Web Development Team  
Dave Haney, Faculty Advisor; Ian Hall, Webmaster  
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Melanie Parker, Information Specialist & Illustrator



•Crisis Intervention  
Promoting Resilience and Resolution in Troubled Times  
Lennis G. Echterling, Jack H. Presbury,  
J. Edson McKee 2004



•American Academy of Suicidology  
•Suicide and Crisis Center, Dallas Texas

[www.jasonfoundation.com](http://www.jasonfoundation.com)

