



# Points for Parents

## Youth & Suicide

### Risk Factors

- withdrawal from friends and family
- helplessness, hopelessness, worthlessness
- previous attempts or gestures
- knowing someone who's attempted or completed suicide
- drug or alcohol use
- decline in school work or attendance
- change in eating or sleeping
- loss of interest in pleasurable activities
- disconnected from community
- GLBT2 and aboriginal youth
- access to means

### RISK

- Recognize signs
- Investigate risk
- Seek help
- Keep safe

### Facts on Youth Suicide

- Suicide is the second leading cause of death among people aged 10 - 24
- One youth dies every hour from suicide
- There has been a significant increase in the suicide rate among those aged 10 - 14
- Only 1/4 of youth would report a friend who was suicidal

### ASK

- I've noticed...
- Can you tell me about...
- How are you feeling?

### ASSESS

- Are you thinking of killing yourself?
- What method have you thought about?
- Do you have (method)?

### ACT

- Always take threats seriously
- Call a crisis line
- Make someone else aware

### Protective Factors

- involved with family/informal supports
- good relationships with peers
- positive coping skills
- ability to problem solve
- access to support for mental/physical health
- responsible for others (pets)
- self worth/confidence
- connected to community
- conflict resolution skills
- emotional support/readiness to ask for help

### Resources

Youth Suicide Prevention: <http://www.youthsuicide.ca/>

CMHA - Youth & Suicide Fact Sheet:  
[http://www.cmha.ca/bins/content\\_page.asp?cid=3-101-104](http://www.cmha.ca/bins/content_page.asp?cid=3-101-104)

Centre for Suicide Prevention: <http://www.suicideinfo.ca/>

CMHA - Preventing Suicide Fact Sheet:  
[http://www.cmha.ca/BINS/content\\_page.asp?cid=3-101-102](http://www.cmha.ca/BINS/content_page.asp?cid=3-101-102)



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