Suicidal Behavior Continuum

- Suicidal Ideation
- Intent
- Attempt
- Death due to Suicide

Increased Risk

Water line
Invisible Signs of Youth Suicidal Behavior

Myths about Suicide

- Asking about Suicide may cause Suicidal Behavior
- Most suicidal behavior is impulsive without forethought
- Those who attempt Suicide get medical treatment
- Suicide attempters leave Suicide Notes
- Parents know if their Child is Suicidal

(Reynolds, 1988)
Invisible Signs of Youth Suicidal Behavior

Risk Factors for Suicide

- Negative Personal History
- Psychopathology & Negative personality traits
- Social and interpersonal isolation & alienation
- Breakdown of defenses
- Self negative ideation
- Availability & Accessibility

Berman & Jobes, 1991
Methods Used by Adolescents Who Attempted Suicide

- Pills: 37.7%
- Cut Wrists: 26.6%
- Hang/Drown: 4.7%
- Firearms: 4.2%
- Stab Self: 6.9%
- Others: 19.8%

(Reynolds & Mazza, 1994)
Invisible Signs of Youth Suicidal Behavior

Deaths due to Suicide in 2006

- Firearms: 45.1%
- Suffocation: 42.3%
- Poisoning: 5.2%
- Fall/Jump: 1.9%
- Transportation: 1.0%
- Cut/Pierce: 0.5%

James J. Mazza @ 2012
Invisible Signs of Youth Suicidal Behavior

Sex Differences in Completions and Attempts

Completions
- Males: 83.3%
- Females: 16.7%

Attempts
- Males: 25.0%
- Females: 75.0%
Invisible Signs of Youth Suicidal Behavior

Warning Signs of Suicide

- I  Ideation
- S  Substance Abuse
- P  Purposelessness
- A  Anxiety
- T  Trapped
- H  Hopelessness
- W  Withdrawal
- A  Anger
- R  Recklessness
- M  Mood Change

(American Association of Suicidology, 2011)
Psychopathology and Adolescent Suicidal Behavior

Anxiety Disorders

Substance Abuse

Depressive Disorders

Borderline Personality

Suicidal Behavior
Invisible Signs of Youth Suicidal Behavior

3 Steps for Prevention

- Show you care
  a. I’m concerned about you…. about how you feel

- Ask the question
  a. Are you thinking about suicide?
  b. What thoughts or plans do you have?

- Call for help
  a. I know where we can get some help
Adolescent suicidal behavior is complex
Examining protective and risk factors is important for youth mental health
Address multiple co-occurring behaviors for prevention and intervention programs
3 steps to prevention - Ask the question
Talking about suicide with youth is OKAY!!
Invisible Signs of Youth Suicidal Behavior

National Resource and Information Numbers

- **American Association of Suicidology**
  - [www.suicidology.org](http://www.suicidology.org)
  - 202 237-2280

- **National Suicide Hotline**
  - 800 273-TALK