

PREVENTING SUICIDE AMONGST YOUTH **HOW TO CARE**



**LET'S
UNPACK
IT**

More than 720,000 lives are lost due to suicide every year. Young people are particularly vulnerable, with suicide being the third leading cause of death among 15–29-year-olds. We must all take action in our communities and in our circles to build hope and save lives.

Signs you could look out for that might indicate a friend/loved one is thinking about suicide:

Talking About

- Killing themselves
- Feeling really hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

Behaviour Like...

- Increased drug use
- Looking for ways to end their life
- Withdrawing from activities
- Isolating from their community
- Sleeping too much/too little
- Saying goodbyes
- Giving away possessions
- Aggression

Expressing...

- Depression
- Anxiety
- Loss of Interest
- Irritability
- Guilt/Shame
- Agitation/Anger
- Sudden Improvement

How to **CARE** if you're concerned that someone in your life might be thinking about suicide:

Check In

C

If something feels “off”, FLAG it!
Reach out gently: “Hey, I’ve noticed you haven’t been yourself lately. How are you doing, really?” or “I’ve noticed [warning sign] and I’m concerned. What’s up?”

Ask THE Questions

A

“Have you been feeling like life isn’t worth living anymore?”
“Are you thinking about suicide?”
“Do you have a plan to end your life?”
“Do you know how you would do it?”

Rate Their Risk

R

Listen attentively to what they are saying and observe whether they are showing any signs of active distress. If they said yes to any of THE questions, especially about having a plan, STAY with them and get them HELP immediately.

Engage Other Support

E

Help them to call a mental health/suicide prevention hotline or their mental health provider and/or get them to a SAFE PLACE, like a hospital. If you are not with them and they are in imminent danger, CALL emergency services right away.

Visit youngcaribbeanminds.com to get connected to youth-friendly mental health support and resources.