

Engaging Youth and Young Adults in Suicide Prevention



COMMUNITY LEVEL

- Promote social connectedness
- Develop life skills
- Restrict access to potentially lethal means
- Follow crisis management procedures
- Provide mental health and substance use services
- Identify students at risk
- Increase help-seeking behavior

SCHOOL LEVEL

- Include information on resources & suicide warning signs on the district or school webpage
- Train staff and students to recognize and respond to suicide risk
- Include a curriculum which teaches problem-solving strategies and coping skills
- Foster a positive, caring school environment
- Outreach to parents about mental health resources
- Efforts to reduce stigma
- Advertise crisis hotlines and textlines

INDIVIDUAL LEVEL

- Take friends and loved ones seriously
- Listen with empathy and provide support
- Learn the warning signs
- Continue to provide support to people who have had thoughts of suicide
- Don't be afraid to talk about suicide with a peer you are worried about
- Don't promise to keep suicide a secret

Maryland Crisis Resources

Call 2-1-1, press 1

Text 898-211

Visit 211md.org

Common Stressors for Youth and Young Adults

- Feeling disconnected or having conflict with others
- Problems with schoolwork, peers, bullying, peer pressure, or teachers
- Family stressors such as parent's separation, divorce or mental health problems, problems getting along with parents or siblings
- Having to keep secrets from others (ie. sexual orientation)

Suicide Warning Signs

- Isolating from friends and loved ones
- Increase in use of drugs or alcohol
- Mood changes (sad, angry, anxious)
- Talking about suicide or wanting to die
- Searching for lethal means
- Feeling hopeless or purposeless
- Visiting or calling people to say goodbye
- Feeling like a burden to others
- Giving away valued belongings

HOW TO CHECK IN

We haven't talked in a while. How are you?

You haven't been yourself lately. Are you ok?

I know you're going through a hard time. I'm here for you.

I'm worried about you and would like to know what's wrong so I can help.

You seem pretty down lately. What's going on?

Is there anything you want to talk about?

u ok?

