Signs of Suicide and Depression Parent Presentation

CUSD - School Counselors
Goals of the Program

- **Help** youth understand that depression is a treatable illness
- **Educate** youth that suicide is not a normal response to stress, but a preventable tragedy that is often a result of untreated depression
- **Inform** youth of the risk associated with alcohol use to cope with feelings
- **Increase** help-seeking behavior by providing students with specific action steps: ACT (Acknowledge, Care, Tell)
- **Encourage** students and their parents to engage in discussion about these issues
Gatekeeper Video
Depression: Recognize the signs & symptoms
Present for more than two weeks and affects daily functioning

+ Frequent sad, angry or irritable mood
+ Difficulty sleeping and concentrating
+ Change in grades, getting into trouble at school, or refusing to go to school
+ Change in eating and/or sleeping habits
+ Mood swings
+ Feeling worthless or hopeless
+ Frequent sadness or crying
+ Withdrawing from friends and activities
+ Loss of energy nearly every day
+ Markedly diminished interest or pleasure in almost all activities, most of the day, nearly every day
+ Low self-esteem

DSM-5
**Prevalence of Suicide Among Youth**

+ For youth between the ages of 10 and 24, suicide is the third leading cause of death. It results in approximately 4600 lives lost each year.
+ Suicide rates are higher for students in college
+ Males are more likely than females to die from suicide (4-1)
+ More Females than Males attempt suicide (3-1)

In Orange County, there were a total of 3,613 self-inflicted injury cases among teens between 2009 and 2013, of which 65 were fatal.
Risk Factors

+ History of previous suicide attempts
+ Family history of suicide
+ History of depression or other mental illness
+ Alcohol or drug abuse
+ Stressful life events or loss
+ Easy access to lethal methods
+ Exposure to the suicidal behavior of others
+ Incarceration
A Warning Sign is an indication that an individual may be experiencing depression or thoughts of suicide:

- Most individuals give warning signs or signals of their intentions.
How can Parents Help Protect Their Teen

- **Address depression or anxiety** (with a licensed professional)
- Assess risk level
- Support/monitor the therapeutic treatment plan (if applicable/notify school)
- Pay attention to changes in mood, diet, sleep in your child
- Share your feelings
- Discourage isolation
- Encourage physical activity and time together with loved ones
- Safely store firearms, alcohol and medications

Remember, teen depression is treatable and suicide is preventable.
### SOS Program Outcome Data (CVHS and ANHS)

<table>
<thead>
<tr>
<th>Question</th>
<th>Pre</th>
<th>Post</th>
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<tbody>
<tr>
<td>Depression is an illness doctors can treat.</td>
<td>56% True</td>
<td>88% True</td>
</tr>
<tr>
<td>Most suicidal attempts occur without any warning signs or clues.</td>
<td>77% False</td>
<td>94% False</td>
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<tr>
<td>If I talk to someone about their suicidal feelings, it may give them the idea to kill themselves.</td>
<td>67% False</td>
<td>93% False</td>
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Questions?