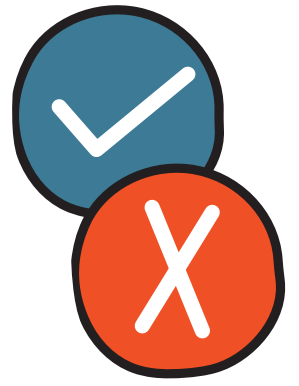


Know the Facts About Suicide Prevention



- Millions of people who live with depression never attempt suicide.
- Suicide is the second leading cause of death in the U.S. for children ages 10-14 according to the CDC.
- Let your children know you take them seriously and you are there to help them manage intense emotions - even those that lead them to believe that life is not worth living.

Asking About Suicide Does NOT Increase Risk of Suicide

When someone has suicidal thoughts, being asked about it is often a relief. Actually saying the words, "Are you thinking about killing yourself?" opens the door for your child to talk about their emotional struggles. As difficult as it may be to talk about suicide, it is important for your child's safety.

There Are Things You Can Do

Most people who attempt suicide do not want to die; they want the pain to stop. Suicide can be prevented through professional treatment. Just like any other medical condition, treatment helps to manage the symptoms of depression. There are many types of treatment and sometimes a combination of services is most helpful.

It Isn't Always Planned

Teens, particularly males, are more likely to attempt suicide on impulse and less likely to plan in advance. The parts of the teen brain responsible for managing intense emotions and planning are last to develop.

If you or your child need immediate help due to having suicidal thoughts, go to your local emergency room immediately, call the National Suicide Prevention Lifeline at 988 or reach the Crisis Text Line by texting "START" to 741-741.