



DID YOU KNOW?

- The United Center in Chicago has a seating capacity of 19,000 people. It could be filled more than 52 times to illustrate all the teens who attempt suicide each year in our country – more than one million.
- More than half of all teen suicides involve drug or alcohol use.
- Talking to someone about suicide will not cause them to make an attempt. They may be relieved that someone cares and is aware of the emotional pain they are experiencing.
- Studies show that gay and lesbian youth are at least three times more likely than heterosexual youth to attempt suicide.
- The risk of suicide increases dramatically when there is access to guns.
- The majority of people who attempt suicide actually do not want to die. They desperately want help!
- Do not keep information about a friend's situation a secret. Talk with an adult who can provide immediate help!

WHERE TO GO FOR HELP:

Available 24 hours a day:

Police 911
 Crisis Intervention
 Center 800.999.9999
 ENH Crisis Team..... 847.570.2500 x1
 Haven..... 847.446.5606
 Omni Youth Services 847.541.0199
 Trevor Helpline
 (Crisis Prevention
 for Gay Youth) 800.850.8078

Available During Business Hours:

Josselyn Center 847.441.5600
 Response Center:
 Skokie 847.676.0078

Support for Suicide Survivors:

Willow House 847.940.0779

Links is a not-for-profit social service agency that supports adolescents by providing them with resources to make informed decisions about their health and sexuality.
 Links - North Shore Youth Health Service



1779 Maple Street
 Northfield, IL 60093
 847.441.6191
 www.linksyouth.org



United Way
 Metro Chicago

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SUICIDE PREVENTION FOR YOUNG ADULTS... Helping A Friend



WARNING SIGNS FOR SUICIDE

Adolescence is a time of great change. It is important to keep in mind that some of the signs listed below may be a normal reaction to stress in everyday life. However, there may be warning signs that someone is having difficulty coping and may need help.

- **Having Thoughts or Verbalizing Ideas About Suicide and Death/Dying**

Most of us have had such thoughts at some point in our life. It is when someone becomes preoccupied with thoughts and details about dying that we must be concerned.

- **Changes in Mood or Personality**

If there seems to be a drastic personality shift or mood change, this may indicate some kind of emotional turmoil.

- **Changes in Eating or Sleeping Patterns**

Both weight loss or gain as well as excessive sleep or inability to get enough sleep can be reasons for concern.

- **Withdrawal from Friends and Usual Activities**

- **Taking Unusual Risks**

- **Drug and Alcohol Abuse**

Alcohol and/or drugs are involved in 70% of all attempts by young people.

- **Previous Suicide Attempts**

80% of all completed suicides are by people who have made a previous attempt.

- **Making Final Arrangements – Giving Away Prized Possessions**

WHAT TO DO IF YOU SUSPECT SOMEONE IS SUICIDAL

- **No one person can be responsible** for keeping another person alive. Do not keep the information a secret. It is always better to have a friend who is alive and angry with you than a friend who is dead!
- You do not have to be certain that someone is suicidal before you talk with another person, preferably a trained adult, about your concern.
- Anything we might be able to do is only temporary. We might be able to momentarily help a friend laugh or feel better, but if they are plagued by feelings and thoughts of suicide, they will need professional help.
- If you know your friend has access to firearms, notify an adult immediately!
- There are many people in your community who have the expertise to help those struggling with depression and/or suicide. Resources to consider include: parents, other adult family members or friends, counselors, teachers, coaches, medical professionals, clergy or a local mental health agency.
- **IF A PERSON HAS TAKEN STEPS TOWARD A SUICIDE ATTEMPT, CALL 911.**

