

Statistics

- Between 1998 and 2002 there were 517 suicides of young people ages 10 to 24—an average of 2 per week.
- In 1996 alone, an estimated 22,000,000 million dollars were spent on medical costs for treated suicide acts for youth ages 8-20.
- One out of six 10th graders seriously considered suicide in the past twelve months.
- Youth suicides outnumber youth homicides in Washington state.
- A 50% reduction in suicide rates would save approximately 12 million dollars a year in hospital based health care expenses alone.



SUICIDE HOTLINES

USA National
hotline

1-800-SUICIDE

1-800-784-2433

1-800-237-TALK

1-800-237-8255

Myths and Facts About Suicide





Myths

- People who talk about suicide don't commit suicide.
- Suicide happens without warning.
- Suicidal people are fully intent on dying.
- All suicidal young people are depressed.
- There is no connection with suicide and alcohol.
- Break-ups in relationships happen so often they don't cause suicide.

Facts

- Most people who talk about committing suicide have given warning signs.
- There are always warning signs, but others are often unaware or unsure of what to do.
- Suicide is preventable, most people want to live but they are unable to see alternatives to their problems.
- Everyone has the potential for suicide, depression doesn't have to be present for an attempt.
- Alcoholism and suicide go hand in hand, even people who don't drink alcohol will often ingest alcohol before attempting suicide.
- Suicide can be brought on following the loss of a relationship.



Suicide warning signs

- **Has had a previous suicide attempt.**
- **Drug or alcohol abuse**
- **Feeling hopeless or helpless.**
- **Deep depression**
- **Changes in behavior and personality.**
- **Giving away favorite possessions.**
- **Loss of interest in friends or hobbies.**
- **Loss of appetite, over or under eating, change in eating habits.**

