



LET'S TALK: SUICIDE AWARENESS

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH



FACTS

Suicide is the leading cause of death for 10-24 year olds in California.

4 out of 5 teens who attempt suicide have given clear warning signs.

1. California Department of Public Health (CDPH). www.cdph.ca.gov
2. Los Angeles County – Youth Suicide Prevention. www.preventsuicide.lacoe.edu
3. Centers For Disease Control and Prevention. www.cdc.gov

WHAT ARE THE WARNING SIGNS?

- Feelings of depression or hopelessness.
- Intense feelings of being a burden.
- Talking about death and dying.
- Risky alcohol or substance use.
- Threats of suicide or related comments/themes in writings, notes, texts, website searches, social media posts.
- Self-harming behaviors (e.g., cutting)
- Having a plan, means to follow through, access to objects that could be used to self-harm (e.g., gun, pills, etc.).
- Giving away preferred belongings and saying goodbye to loved ones.
- Elementary school age children may:
 - Threaten to run into traffic
 - Jump from high places
 - Cutting/scratching/markings the body

WHAT CAN YOU DO?

- If a child or teen you know is exhibiting any of the above warning signs, please reach out to one of the resources listed below immediately.
- Listen, be patient, and encourage them to ask for help. Express your concern and use active listening techniques, such as reflecting their feelings and summarizing their thoughts.
- Consider using statements like: "I'm worried about you." "You seem really down/more tired/more anxious than usual." "Let's call for help together."
- Speak to your child's doctor, a trusted school administrator, a mental health provider, or search the Los Angeles County Department of Mental Health website at www.dmh.lacounty.gov for mental health clinics in your area.



For 24/7 Help, please
call our Help Line at
(800) 854-7771

THE **TREVOR** PROJECT
LGBTQ CRISIS HOTLINE
CALL 1-866-488-7386

teen line
teens helping teens
(310) 855-4673

CRISIS TEXT LINE |

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Free, 24/7, Confidential