

LET'S TALK SUICIDE AWARENESS

Los Angeles County Department of Mental Health

Why Is It Important to Know About Suicide?

Suicide is the second leading cause of death for 10-24 year-olds in California.^{1,2}

Most people who have survived a suicide attempt report that they would not do it again.

Openly talking about suicidal thoughts and feelings can be life-saving -- it can save the life of a friend, family member or even your own.

Possible Warning Signs:

Comments, notes, texts, and social media posts about death or self-harm

Depression, hopelessness, worrying about being a burden on others, questioning reasons for living

Having a specific suicide plan; seeking out methods for self-harm

Giving your favorite things away, saying goodbye to loved ones

What Can You Do?

- Remember that you are not alone. Other teens have felt like you feel and there is hope.
- While asking for help can seem scary or overwhelming, most people feel better once they do.
- Share how you are feeling with a trusted adult.
- There are also professionals and teens like you who can give you great information and support.
- Engaging in activities you enjoy, keeping your body healthy and having supportive relationships can help you feel better.



For more information, please call any of the numbers listed below:

1. California Department of Public Health (CDPH). www.cdph.ca.gov

2. Los Angeles County – Youth Suicide Prevention Project.
www.preventsuicide.lacoe.edu