



Be the 1 to start the Conversation

Asking children, adolescents and young adults if they're thinking about suicide doesn't put the idea in their head, it actually assures them that someone cares and is willing to have tough conversations



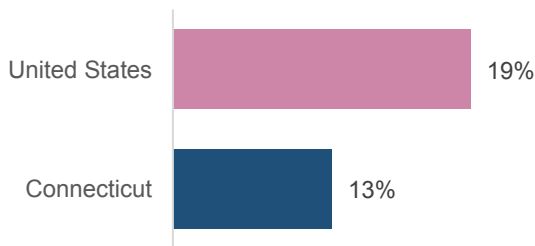
Are you thinking about suicide?

Suicide rates have increased 57%



Suicide among children, adolescents and young adults

- Suicide is the second leading cause of death for teenagers in the U.S. aged 15-19
- Suicide is the second leading cause of death for Connecticut teenagers aged 10-24
- Suicide is usually higher among males than females aged 15-24; however, rates among young girls are increasing
- Suicide rates among youth aged 10 to 24 increased 57% between 2007 and 2018
- Hospital encounters for suicide ideation and suicide attempt among youth increased 292% from 2008 to 2015



In the U.S., 19% of youth have "seriously" considered suicide, compared to 13 % of Connecticut youth

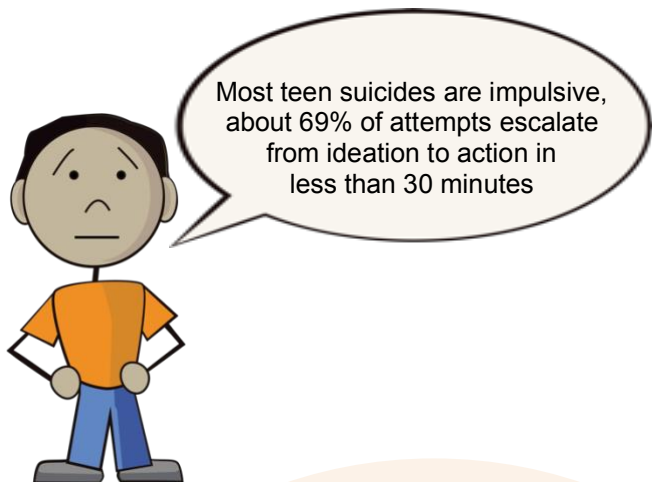
What are the risk factors of suicide in youth?

- Stressful events and situations
- Alcohol and/or substance use
- Past suicide attempts
- Traumatic loss
- Impulsive and/or aggressive tendencies
- Easy access to guns and other lethal methods
- Chronic pain and illness
- Lack of social support and isolation
- Significant disappointment or humiliation, such as a breakup, arrest, or dropped from a team

LGBTQ+ youth are at higher risk for suicide because of discrimination and stress



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What can caregivers do?

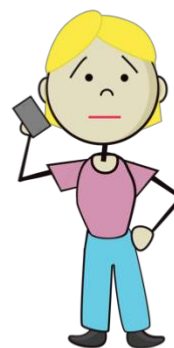
The single most important thing caregivers can do to decrease risk of suicide is to reduce access to lethal methods:

- Remove or lock up all firearms and store ammunition separately
- Lock up all prescription and over-the-counter medications
- Remove car keys from teenagers

What can family members do?

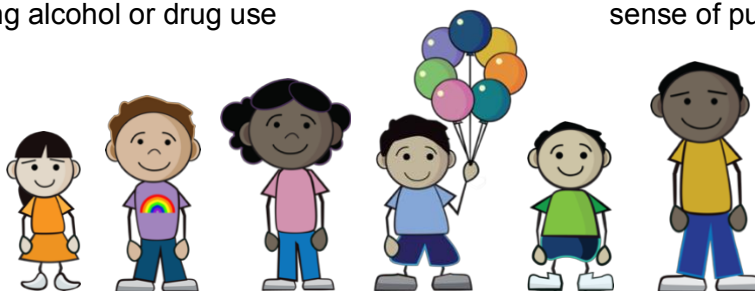
Call 911 for help if you learn that someone is:

- Threatening to hurt or kill themselves
- Looking for ways to kill themselves (looking for pills, weapons, or other means)
- Talking or writing about death, dying, or suicide



Call Mobile Crisis Intervention Services by dialing 2-1-1, and pressing 1 and 1 again, or call 1-800-273-TALK if you witness, hear, or see a child, adolescent or young adult exhibiting one of more of these warning signs:

- Hopelessness
- Rage, anger, seeking revenge
- Acting reckless or engaging in risky activities
- Feeling trapped
- Increasing alcohol or drug use
- Withdrawing from friends and family
- Anxiety, agitation, unable to sleep, or sleeping all the time
- Dramatic mood changes
- Saying they have no reason for living; no sense of purpose in life



Connecting to Care is a partnership that focuses on coordinating access to quality care through a youth-guided and family-driven approach. To improve behavioral health outcomes for children in Connecticut, Connecting to Care seeks to change the way that the system operates so that all children have the opportunity to thrive.