

# NATIONAL SUICIDE PREVENTION MONTH SEPTEMBER 2021



## FACTS ABOUT YOUTH SUICIDE

- Suicide is the 2nd leading cause of death among youth age 10-24 (CDC).
- Lesbian, Gay, & Bisexual youth are almost 5 times as likely to have attempted suicide compared to heterosexual youth (CDC)
- 15% of Kane County 10th and 12th graders reported seriously considering suicide in the previous 12 months (Illinois Youth Survey)

## SUICIDE IS PREVENTABLE

Many suicides are preventable if people are able to get the support and treatment that they need. Talking about suicide and being aware of the signs could potentially save the life of someone you love. Talking about suicide can be extremely uncomfortable. However, when young people are able to talk about their thoughts and feelings with a trusted individual that is the first step towards healing.

## NORMALIZE TALKING ABOUT SUICIDE TO PREVENT IT

It is understandable that adults naturally wish to protect young people from painful topics, but not talking about it contributes to stigma, secrecy, and shame. You can protect young people the best by offering comfort, reassurance, and honest answers to their questions.



- Normalize asking "How are you doing?" Listen without interruption or judgement and avoid being accusatory.
- Ask open ended questions... "Tell me more about that, I'd love to understand what that is like for you"
- Reassure the young person that there is help for these kinds of thoughts.
- If someone is not ready to talk, leave the invitation open... "I'm here to listen when you are ready"
- It is okay to ask the young person if they are thinking about suicide. Talking about suicide will not increase the risk that someone will go on to take their own life.

## ADDITIONAL ACTIONS TO TAKE

- If someone reports they are thinking about suicide, remove any means of self harm.
- Get help! Encourage the young person to contact the 24 hour National Suicide Prevention Lifeline 1-800-273-TALK. Contact a counselor, psychologist or mental health professional.

## SUICIDE PREVENTION MONTH - YOUTH ART SHOWCASE

Children, youth, families, and community members are invited to view the art you created for suicide prevention month in galleries across Kane County. MASKS ARE REQUIRED FOR ALL REGARDLESS OF VACCINATION STATUS.

		<p>AURORA CITY HALL</p> <p>Tuesday, 9/7/21 from 5:00pm-8:00pm</p> <p>44 E Downer Place, Aurora, IL 60505</p>	<p>SIDE STREET STUDIOS</p> <p>Wednesday, 9/15/21 from 5:00pm-8:00pm</p> <p>15 Zeigler Ct, Elgin, IL 60120</p>	<p>GENEVA CENTER FOR THE ARTS</p> <p>Friday, 9/17/21 from 5:00pm-8:00pm</p> <p>321 Stevens St Ste Q, Geneva, IL 60134</p>



Check <https://kanehealth.com/Pages/Childrens-Mental-Health.aspx> for COVID updates related to these events

Contact Anna Czerniak at [czerniakanna@co.kane.il.us](mailto:czerniakanna@co.kane.il.us) for more information