

LeaderCare Resource

Episode 14: Talking About Suicide (Pt 1)

An Uncomfortable and Necessary Conversation

Some sobering statistics:

- Suicide is the 3rd leading cause of death in the age group of 10-24
- 16% of high school students report seriously considering suicide
- 13% of high school students report making a plan for suicide
- 8% of high school students report have made an attempt at suicide in the past
- Boys account for 81% of suicide deaths
- Girls are more likely to report attempting suicide
- 4 out of 5 people who attempt or complete suicide do demonstrate warning signs
- Clear tie to depression and substance misuse/abuse (increases risk)

We need to grow more comfortable with having these conversations with our kids...because regardless if we talk about it with them or not, these conversations are taking place! So, we can either have some influence in the conversation or give that influence away.

Individual Risk Factors to pay attention to:

- Depression
- Lack of hope
- Previous attempts
- Substance misuse or abuse

Relational Risk Factors to pay attention to:

- Bullying
- Family history of suicide attempts
- Loss of relationship
- High conflict in relationship
- Social Isolation (lack of relationship)

Additional Key Risk Factors:

- Stigma regarding seeking help
- Easy access to lethal means (firearms, medications etc.)

Why Have the Conversation

- Fosters healthy connection intentionally
- Communicates support from family
- Take time to sit with your own fear and discomfort surrounding the conversation. It is worth it!
- Research supports that talking about suicide (in a supportive, caring, calm manner) **is a preventative factor.**
 - It is a myth that talking about suicide plants the idea in someone's heads.
- Builds trust so that when our child DOES experience big strong, difficult emotions and DOES experience a sense of hopelessness, they know that they can come to you for support and help. Both big emotions
- Empowers child in problem-solving skills
- Reinforces hope and reasons for living

TEXT OR CALL 988 - Crisis & Suicide Lifeline

<https://988lifeline.org/>

