



# SIGNS OF SUICIDE AND DEPRESSION PARENT PRESENTATION

CUSD - SCHOOL COUNSELORS



# GOALS OF THE PROGRAM

- + **Help** youth understand that depression is a treatable illness
- + **Educate** youth that suicide is not a normal response to stress, but a preventable tragedy that is often a result of untreated depression
- + **Inform** youth of the risk associated with alcohol use to cope with feelings
- + **Increase** help-seeking behavior by providing students with specific action steps: **ACT (Acknowledge, Care, Tell)**
- + **Encourage** students and their parents to engage in discussion about these issues

# Gatekeeper Video



# DEPRESSION: RECOGNIZE THE SIGNS & SYMPTOMS

Present for more than two weeks and affects daily functioning

- + Frequent sad, angry or irritable mood
- + Difficulty sleeping and concentrating
- + Change in grades, getting into trouble at school, or refusing to go to school
- + Change in eating and/or sleeping habits
- + Mood swings
- + Feeling worthless or hopeless
- + Frequent sadness or crying
- + Withdrawing from friends and activities
- + Loss of energy nearly every day
- + Markedly diminished interest or pleasure in almost all activities, most of the day, nearly every day
- + Low self-esteem

*DSM-5*



## PREVALENCE OF SUICIDE AMONG YOUTH

- + For youth between the ages of 10 and 24, suicide is the third leading cause of death. It results in approximately 4600 lives lost each year.
- + Suicide rates are higher for students in college
- + Males are more likely than females to die from suicide (4-1)
- + More Females than Males attempt suicide (3-1)

In Orange County, there were a total of 3,613 self-inflicted injury cases among teens between 2009 and 2013, of which 65 were fatal

# RISK FACTORS

- + History of previous suicide attempts
- + Family history of suicide
- + History of depression or other mental illness
- + Alcohol or drug abuse
- + Stressful life events or loss
- + Easy access to lethal methods
- + Exposure to the suicidal behavior of others
- + Incarceration



A Warning Sign is an indication that an individual may be experiencing depression or thoughts of suicide

- + Most individuals give warning signs or signals of their intentions



# HOW CAN PARENTS HELP PROTECT THEIR TEEN

- + **Address depression or anxiety** (with a licenced professional)
- + Assess risk level
- + Support/monitor the therapeutic treatment plan (if applicable/notify school)
- + Pay attention to changes in mood, diet, sleep in your child
- + Share your feelings
- + Discourage isolation
- + Encourage physical activity and time together with loved ones
- + Safely store firearms, alcohol and medications

**Remember, teen depression is treatable and suicide is preventable.**





# SOS PROGRAM OUTCOME DATA (CVHS AND ANHS)

<u>Question</u>	<u>Pre</u>	<u>Post</u>
Depression is an illness doctors can treat.	56% True	88% True
Most suicidal attempts occur without any warning signs or clues.	77% False	94% False
If I talk to someone about their suicidal feelings, it may give them the idea to kill themselves.	67% False	93% False



Questions?

