

# Youth Suicide Prevention

## AFSP Mississippi

[afsp.org](https://afsp.org)



**American  
Foundation  
for Suicide  
Prevention**

# Agenda

- Intro to AFSP
- Youth Suicide
- District and School Toolkits
- Prevention Education Programs
- Awareness Campaigns
- Support for Loss Survivors
- Q&A



**Our Mission**

**Save Lives and Bring Hope  
to Those Affected by Suicide**



## Our Positioning

**We are the voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death.**



## SCOPE OF THE PROBLEM



**Suicide is a  
health issue.**



**Suicide can  
be prevented.**

## SCOPE OF THE PROBLEM



**Over 700,000  
people die  
by suicide  
each year.**

Someone dies by suicide  
every 40 seconds.

## SCOPE OF THE PROBLEM



**In the U.S.  
suicide is one  
of the leading  
causes of death.**

# Suicide in Mississippi

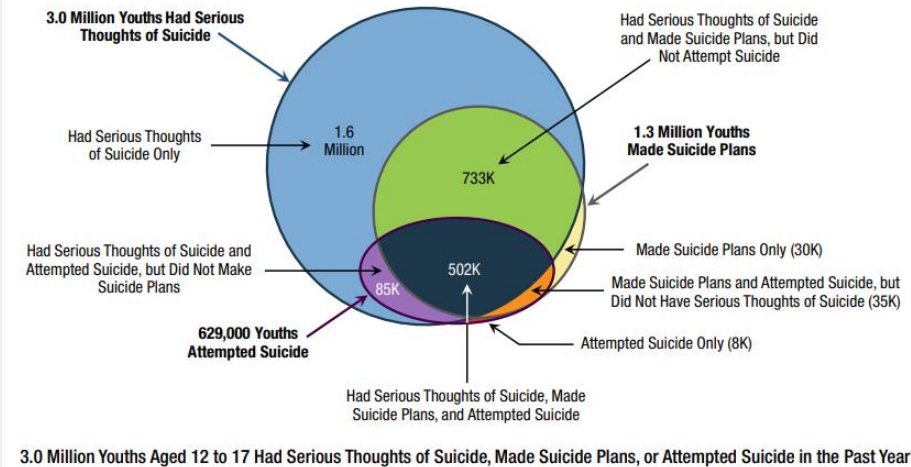
- 3<sup>rd</sup> leading cause of death for ages 10-24
- 3<sup>rd</sup> leading cause of death for ages 25-34
- 14<sup>th</sup> leading overall cause of death
- 34% of firearm deaths were suicides
- 68% of all suicides were by firearm
- State rank = 31





# 2021 National Survey on Drug Use and Health

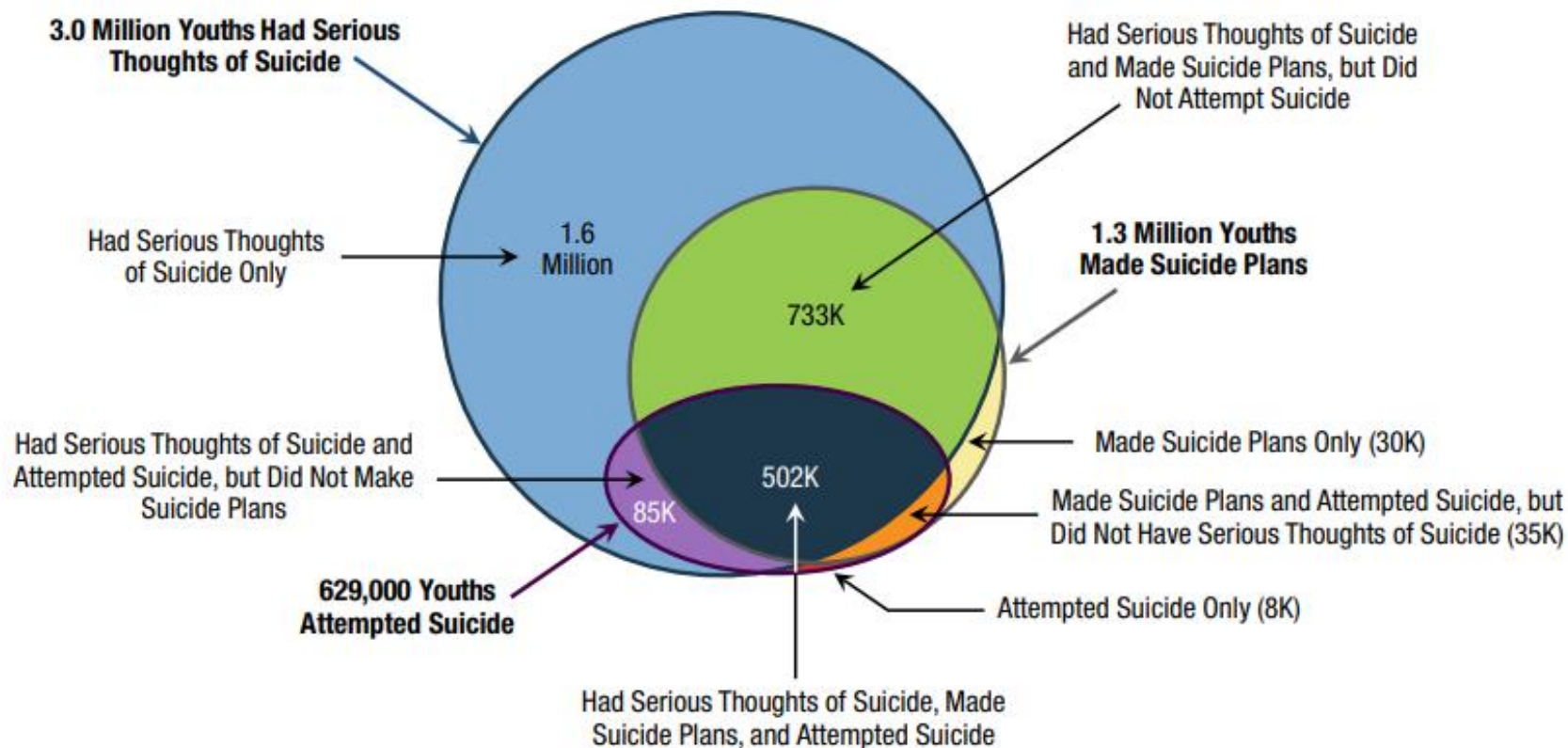
**Figure 40. Youths Aged 12 to 17 with Serious Thoughts of Suicide, Suicide Plans, or Suicide Attempts in the Past Year; 2020**



Source: Substance Abuse and Mental Health Services Administration. (2021). Key substance use and mental health indicators in the United States: Results from the 2020 National Survey on Drug Use and Health (HHS Publication No. PEP21-07-01-003, NSDUH Series H-56). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. Retrieved from <https://www.samhsa.gov/data/>



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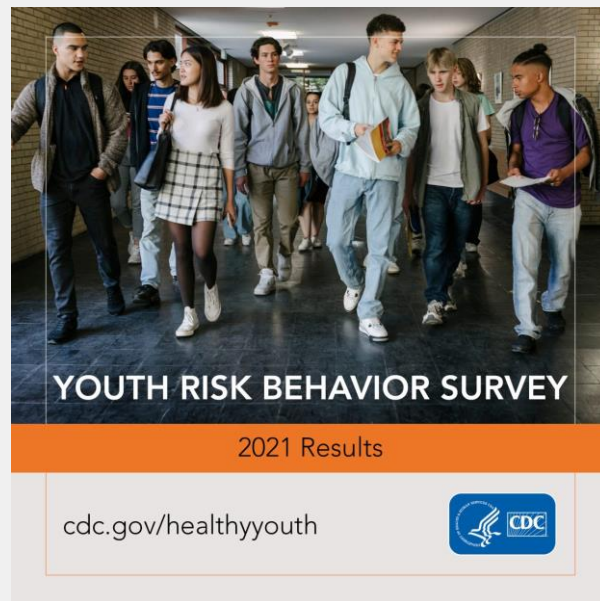


**3.0 Million Youths Aged 12 to 17 Had Serious Thoughts of Suicide, Made Suicide Plans, or Attempted Suicide in the Past Year**

# CDC Youth Risk Behavior Survey

CDC's Youth Risk Behavior Surveillance System (YRBSS) monitors health behaviors and experiences among high school students across the country.

The Youth Risk Behavior Survey (YRBS) results help in understanding the factors that contribute to the leading causes of illness, death and disability among youth.



# CDC Youth Risk Behavior Survey

## School connectedness

In 2021, nearly 62% of U.S. high school students reported feeling connected to others at school.

These students are **less** likely to report negative health risk behaviors and experiences.



## Adolescents are experiencing a mental health crisis.

In 2021

**2** out of **5**



students experienced emotional distress

LGBQ students were

**5X** more likely

to attempt suicide during the pandemic

Source: Adolescent Behaviors and Experiences Survey, 2021



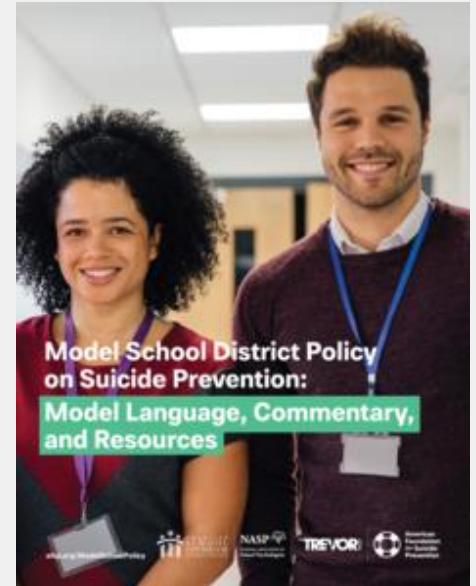
# 2021 Results – Suicidal Ideation & Attempts

Question	Total	Female	Male
<b>Felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities, during the 12 months before the survey)</b>	<b>42.3 (41.0–43.7) 16,961</b>	<b>56.6 (54.6–58.5) 8,044</b>	<b>28.6 (27.1–30.0) 8,670</b>
<b>Seriously considered attempting suicide (during the 12 months before the survey)</b>	<b>22.2 (21.1–23.3) 16,927</b>	<b>30.0 (28.5–31.4) 8,010</b>	<b>14.3 (13.3–15.4) 8,674</b>
<b>Made a plan about how they would attempt suicide (during the 12 months before the survey)</b>	<b>17.6 (16.4–19.0) 16,321</b>	<b>23.6 (22.1–25.1) 7,729</b>	<b>11.6 (10.5–12.8) 8,350</b>
<b>Actually attempted suicide (one or more times during the 12 months before the survey)</b>	<b>10.2 (9.4–11.0) 15,573</b>	<b>13.3 (12.0–14.7) 7,462</b>	<b>6.6 (5.8–7.5) 7,885</b>
<b>Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)</b>	<b>2.9 (2.5–3.4) 12,083</b>	<b>3.9 (3.1–4.8) 5,766</b>	<b>1.7 (1.4–2.0) 6,137</b>



# AFSP Model School District Policy

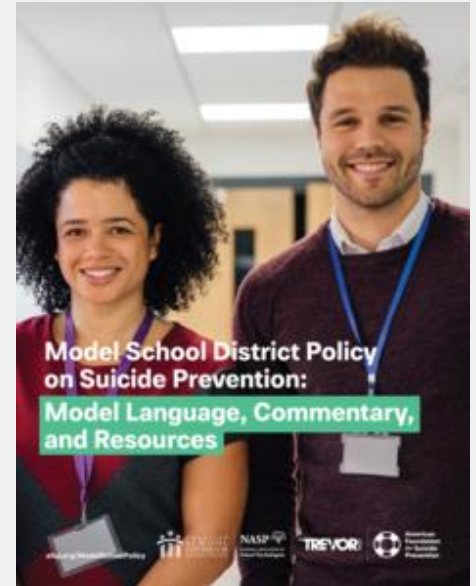
- Contributing Groups: AFSP, American School Counselor Association, National Association of School Psychologists, and the Trevor Project
- Parental Involvement
- Safe Messaging
- Model Language, Commentary and Resources
- Prevention and Intervention





# AFSP Model School District Policy

- Procedures for navigating attempts and deaths
- Sample language for student handbooks
- Appointment of district-level suicide prevention coordinator, who along with building principal is responsible for policy coordination and implementation
- Designation of school-based coordinator as point of contact
- Emphasis on staff professional development



# AFSP After a Suicide: A Toolkit for Schools

- Crisis response
- Helping students cope
- Working with the community and media
- Memorialization
- Suicide contagion
- Bringing in outside help





# It's Real: Teens and Mental Health

- Signs and symptoms of deteriorating mental health
- How to start a conversation about mental health
- How to reach out for help
- Available resources (local and national)
- Importance of self-care

**IT'S REAL:**  
TEENS AND MENTAL HEALTH

**Resources for Yourself  
and Your Friends**

<b>National Suicide Prevention Lifeline</b> 1-800-273-TALK (8255) Veterans: Press 1	<b>National Eating Disorders Association</b> Helpline: 1-800-931-2237 Chat: Via <a href="http://myeda.org">myeda.org</a>
<b>Crisis Text Line</b> Text TALK to 38255 to text with a trained counselor for free	<b>TWLOHA</b> Connect to mental health resources in your community <a href="http://twloha.com/find-help">twloha.com/find-help</a>
<b>The Trevor Project</b> TrevorLifeline: 1-866-488-7386 Text START to 678-678 TrevorChat: <a href="http://thetrevorproject.org">thetrevorproject.org</a>	<b>RAINN</b> National Sexual Assault Hotline Lifeline: 1-800-656-4673 Chat: Via <a href="http://hotline.rainn.org">hotline.rainn.org</a>
<b>notOK App</b> <a href="http://notokapp.com">notokapp.com</a>	<b>National Alliance on Mental Illness</b> <a href="http://nami.org/Your-Journey/Teens-Young-Adults">nami.org/Your-Journey/Teens-Young-Adults</a>
<b>Substance Abuse and Mental Health Services Administration</b> <a href="http://samhsa.gov">samhsa.gov</a> Helpline: 1-800-662-HELP (4357)	<b>Seize the Awkward</b> <a href="http://seizetheawkward.org">seizetheawkward.org</a> <a href="https://www.instagram.com/seizetheawkward">@seizetheawkward</a>

[afsp.org/resources](http://afsp.org/resources)

American Foundation for Suicide Prevention



# It's Real: Teens and Mental Health

- Teens 12 – 18 years of age
- 45-60 minute presentations
- Virtual or in-person

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# Additional Trainings for Adults

- AFSP Talk Saves Lives: An Introduction to Suicide Prevention (multiple modules)
- LivingWorks ASIST and safeTALK
- Mental Health First Aid
- Soul Shop
- Safe Side



# AFSP Materials

- Preventing Suicide in Military Families
- After an Attempt
- LGTBQ Suicide Prevention
- Seniors and Suicide
- Mental Health Resources
- Lifesaver Guides and more
- Suicide Prevention Research



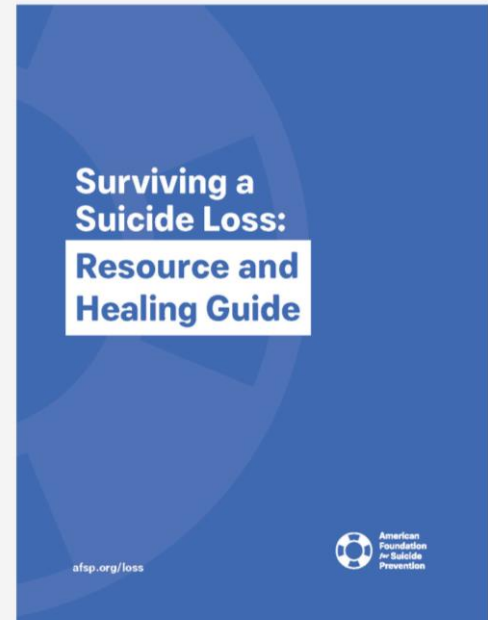
# Children, Teens, and Suicide Loss

- Helping young loss survivors
- Navigating immediate aftermath
- Communication tips
- Understanding grief in children and teens
- Returning to routines, school, etc.
- Risk reduction



# Resource & Healing Guide

- Coping with suicide loss
- Handling the Holidays
- Loss Survivor stories
- Helping children cope
- Complicated grief
- Resources and support





SEIZE THE AWKWARD

# Seize the Awkward

**Seize the Awkward** is a public service, digital-first campaign by the American Foundation for Suicide Prevention (AFSP) developed in partnership with The Jed Foundation (JED) and the Ad Council.

The campaign is designed to empower teens and young adults (ages 16-24) to connect with their friends about mental health, particularly those who may be struggling or are at risk of suicide.



# Seize The Awkward

- Warning signs
- Conversation starters
- Stories
- Self-care tips
- Mental health resources
- [Seizetheawkward.org](https://seizetheawkward.org)





# AFSP Mississippi Contact Info

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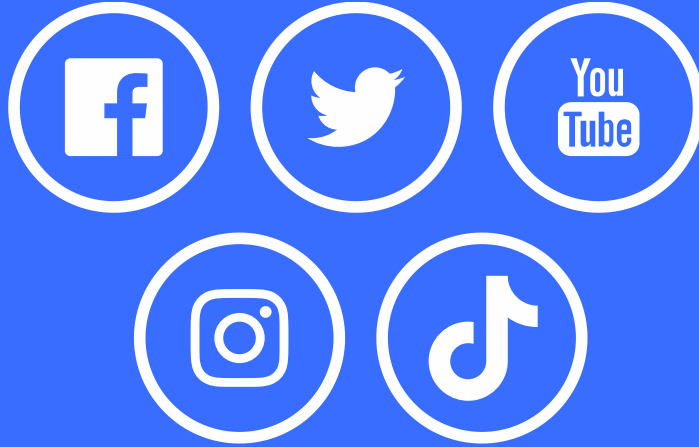


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**Mississippi**





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