

Contact Information & Resources

- **National Suicide Prevention Lifeline -> 988 – 24/7 support**
- **Connecticut -> 211 – Local crisis and support services**
- **Learn more at <https://www.cdc.gov/suicide/index.html>**

References

- CDC. (2021, February 5). Suicide Prevention. [Www.cdc.gov. https://www.cdc.gov/suicide/index.html](https://www.cdc.gov/suicide/index.html)
- Explore Teen Suicide in Connecticut | AHR. (2022). [Americashealthrankings.org. https://www.americashealthrankings.org/explore/teen_suicide/CT](https://www.americashealthrankings.org/explore/teen_suicide/CT)
- SAMHSA.(2023). 988 Suicide and Crisis Lifeline [Samhsa.gov. https://988lifeline.org/](https://988lifeline.org/)
- Youth suicides are rising in CT. Mental health advocates and providers offer ways to help. | The Village. [The Village. https://thevillage.org/news-events/youth-suicides-are-rising-in-ct-mental-health-advocates-and-providers-offer-ways-to-help/](https://thevillage.org/news-events/youth-suicides-are-rising-in-ct-mental-health-advocates-and-providers-offer-ways-to-help/)

YOUTH SUICIDE PREVENTION

**SPEAK UP!
REACH OUT!
SAVE A LIFE!**

Komal Bhosle





Why talking about this matters?

- Suicide is the second leading cause of death among youth aged 10-14 and the third leading cause among those 15-24.
- In Connecticut, 14% of high school students reported seriously considering suicide, and nearly 6% attempted it in 2021.
- LGBTQ+ youth and females are at higher risk.
- Suicide rates among young people increased by 62% nationally in 2021.

This is not just a statistic - It's a public health crisis that requires urgent attention.



Warning Signs to Watch For

- Talking about death or hopelessness,
- Withdrawing from friends/family,
- Sudden mood swings,
- Decline in academic or daily functioning.



Risk Factors

- Bullying and trauma.
- Mental health struggles (depression, anxiety).
- Social media pressure and isolation.

What Public Health is Doing


- School-based mental health services.
- 24/7 Mobile Crisis Teams in Connecticut.
- “1 Word, 1 Voice, 1 Life” campaign.
- Social media campaigns to reduce stigma.

**YOU
MATTER**



You Can Make a Difference!

- **Speak Up:** Talk openly about mental health.
- **Reach Out:** Listen without judgment and support your peers.
- **Take Action:** Share resources, encourage help-seeking, and know the crisis numbers.

 **Call or Text 988**
Suicide & Crisis Lifeline
(Available nationwide)

 **Call 211**
For immediate local help
(CT residents)

**Be the reason
someone chooses
to stay!**