

YOUTH SUICIDE PREVENTION

SPEAK UP!
REACH OUT!
SAVE A LIFE!

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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>](http://www.cdc.gov/suicide/index.html)
- Explore Teen Suicide in Connecticut | AHR. (2022). Americashealthrankings.org. https://www.americashealthrankings.org/expl ore/measures/teen_suicide/CT
- SAMHSA.(2023). 988 Suicide and Crisis Lifeline Samhsa.gov. <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/>





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

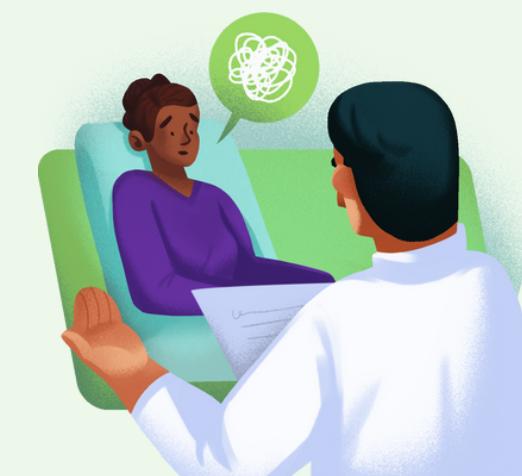
Why talking about this matters?

- 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.

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



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.

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!**