



# Youth Mental Health Fact Sheet

## Suicide Prevention

Suicide is the 2nd leading cause of death for Kentucky youth

### Risk Factors

- Being expelled from school / fired from job
- Loss of any major relationship
- Death of a friend or family member, especially by suicide
- Diagnosis of a serious or terminal illness
- Financial problems (either on their own or within the family)
- Sudden loss of freedom; fear of punishment
- Feeling embarrassed or humiliated in front of peers
- Victim of assault or bullying
- Change in interaction with family and friends
- Depression
- Failing grades

### Possible Warning Signs

- Suicide threats
- Statements revealing a desire to die
- Previous suicide attempts
- Getting a gun or stockpiling pills
- Giving away prized possessions
- Impulsivity
- Increased risk taking
- Unexplained anger, aggression, irritability
- Self-destructive acts (cutting, etc.)
- Chronic truancy
- Running away
- Perfectionism
- Alcohol or substance abuse
- Hopelessness
- Sudden changes in behavior

### Resources

- Community Mental Health Centers [www.mhmr.ky.gov](http://www.mhmr.ky.gov)
- School Guidance Counselors and Psychologists
- National Suicide Prevention Lifeline 1-800-273-TALK (TTY use 1-800-799-4TTY (4889))

Helping Kentucky's Families and Youth Thrive