

Suicide is our next topic.

Suicide is the third leading cause of death among persons 15 to 24 years of age. People who attempt suicide and survive may experience serious injuries, such as broken bones, brain damage, or organ failure. Suicide is the act of intentionally causing one's own death. Some causes may include depression, mental disorders, alcoholism, drug abuse, stress, and interpersonal relationships.

According to the data from the CDC, among high school students in the United States, females were more likely to report having considered, planned, and attempted suicide compared to males. And these numbers are from 2009. So you can see the difference in the numbers in the chart.

According to studies, the prevalence of suicidal thoughts, suicide planning, and suicide attempts is significantly higher among young adults age 18 to 29 than among adults over 30 years of age. And among young adults age 15 to 24 years old, there are approximately 100 to 200 attempts for every single completed suicide. That's an amazing number.

Deaths from youth suicide are only part of the problem. More young people survive suicide attempts than actually die. A nationwide survey of youth in grades 9 through 12 in public and

private schools in the U.S. found that 16% of students reported seriously considering suicide. 13% reported creating a plan. And 8% reported trying to take their own life in the 12 months preceding the time of the survey. Each year approximately 157,000 youth between 10 and 24 years of age receive medical care for self-inflicted injuries at emergency departments across the U.S. Suicide affects all youth, but some groups are at higher risk than others. Boys are more likely than girls to die from suicide. Of the reported suicides in the 10 to 24 age group, 81% of the deaths were male. Only 19% were females.

Girls, however, are more likely to report attempting suicide than boys.

Cultural variations in suicide rates also exist. Native Americans and Alaskan natives have the highest rate of suicide-related fatalities.

Risk factors on the screen show how youth suicide may have attention brought to it. These factors only create an increase of likelihood. They operate on a population level, not individual level. If someone experiences one or more of these risk factors, they are statistically more likely to be in the group that considers, plans, or commits suicide, but this does not mean that having these individual risk factors will cause a

person to consider or attempt suicide. Most people are uncomfortable with the topic of suicide. Too often victims are blamed and their families and friends are left stigmatized. As a result, people do not communicate openly about suicide. Thus, an important problem is left shrouded in secrecy, preventing information being shared to prevent suicide.

Suicide and resultant injuries result in an estimate cost of 222 billion dollars. The warning signs could be found on the URL at the bottom of the screen underneath the picture. One easy to remember mnemonic is IS PATH WARM. It stands for ideation, substance abuse, purposelessness, anxiety, trapped, hopelessness, withdrawal, anger, recklessness, and mood changes.

A person in acute risk for suicidal behavior most often will show warning signs of acute risk. Perhaps it's threatening to hurt or kill him or herself or talking of wanting to hurt or kill him or herself. Looking for ways to kill themselves by seeking access to firearms, available pills, or other means. And talking or writing about death, dying, or suicide when these actions are out of the ordinary.

We have some additional warning signs that I am going to pull up on the screen in this poll. Mark every one that you think might be an additional warning sign for suicide.

Now, remember, one of these items by itself is not necessarily the cause or the sign for suicide, but if you are seeing more than one of these, it's important to pay attention.

If you observe any of these items, seek help as soon as possible by contacting a mental health professional or calling a suicide prevention hotline number.

Our takeaway from this segment: Suicide is fatal. If you survive an attempt at suicide, you could suffer very serious injuries.

There are 100 to 200 attempts for every actual suicide. Boys are more likely to die from suicide than girls. And please remember IS PATH WARM for warning signs.