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NITT CONFERENCE

***HIGH RISK DEMOGRAPHIC**

3 NUMBERS TO KEEP IN MIND:

- 16

- 4

- 1

16

***One person dies every 16 minutes by suicide on average, leading cause of death for 15-24 yr olds, second only to car accidents.**


4

Things to keep in mind: leading factors in aggravating suicide.

1. **Mental illness** * 90% associated with mental illness, 60% specifically depression.
2. **Substance abuse** * 50-67% have substance abuse issues.

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3. Situational crisis

- Welfare recipients *often living at or below poverty line (4x more likely)
 - Foster kids/Juvenile offenders (4x more likely)
 - Unstable home life
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...cont.

4. Previous (suicide) attempts

*8x more likely than youth who have never attempted

*LGBT youth are three times more likely to attempt suicide compared to straight peers.

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***Even just one person can make a difference**

“I alone cannot change the world, but I can cast a stone across the waters to create many ripples”

-Mother Teresa

...so what can you do right now?

MANY RIPPLES: ACTION

Reduce stigma by talking about suicide, risk factors and mental health.

Learn the warning signs: including changes in mood behavior, substantial life change, history of

Learn how to reach out, connect

