

YOU MATTER

in Suicide Prevention and Awareness

What we do matters. What we do makes a difference.

18%

Eighteen percent of Wisconsin high school students who have seriously considered attempting suicide

20%

About 20 percent of Wisconsin students who identify as female made a plan about how they would attempt suicide compared to 10 percent of students who identify as male.

48%

Forty-eight percent of those Wisconsin students who identify as Lesbian, Gay, or Bisexual (LGB) seriously considered attempting suicide.

8½%

Eight and a half percent of Wisconsin high school students attempted suicide.

14%

Fourteen percent of Wisconsin high school students made a plan about how they would attempt suicide.

1 in 4

Fewer than one in four Wisconsin students who felt sad, empty, hopeless, angry, or anxious agreed that they received the help they needed "most of the time" or "always."

38%

About thirty-eight percent of Wisconsin students who identify as LGB made a plan of how they would attempt suicide

67%

Sixty-seven percent of Wisconsin students reported having at least one teacher or another adult at school they could talk to.

Each of the groups below reported statistically **higher rates** of anxiety, depression, and self-harm than heterosexual, cisgender, white males:

LGB
Students

Students
who
Identified
as Female

Food
Insecure
Students

Hispanic/
Latinx
Students

Students
with Low
Grades

Data from the Wisconsin 2021 Youth Risk Behavior Survey (YRBS)
(Participating students' reported during the 12 months preceding the YRBS survey.)

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WARNING SIGNS

Watch for changes in thoughts, behaviors, appearance, and feelings, especially if they are connected to a current or past painful experience.

Student Voice:

- Direct (I'm going to kill myself) and indirect (I won't be bothering you anymore) (NASP 2023)
- Feeling hopeless and without purpose
- Perceived burdensomeness
- Feeling trapped or experiencing unbearable pain

Student Behavior:

- Searching for ways or making plans to end their life
- Making final arrangements (giving away possessions, saying goodbye to family and friends)
- Increased alcohol or drug use
- Sleeping or eating too much or too little
- Withdrawing from activities, family, and friends
- Acting recklessly

Student Emotion:

- Extreme mood swings
- Persistently sad or depressed
- Anxious, agitated, irritable, or angry
- Humiliation, shame
- Expression of relief for sudden improvement in emotion (American Foundation for Suicide Prevention n.d.)

CARE:

If a youth expresses suicidal ideation:

- Be there - listen, show care and empathy.
- Maintain supervision and student safety while connecting the youth with a guardian/caring adult.
- Consult with a mental health professional in their life - student services professionals (school counselor, psychologist, social worker, nurse) or community therapist.

CONNECT YOUTH TO RESOURCES:

- Dial 988 - Suicide and Crisis Lifeline
- Text "HOPELINE" to 741741
- Trevor Lifeline - <https://www.thetrevorproject.org/get-help/>

REFERENCES:

American Foundation for Suicide Prevention. n.d. "Risk factors, protective factors, and warning signs." Accessed May 18, 2023. <https://afsp.org/risk-factors-protective-factors-and-warning-signs>

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Center for Disease Control and Prevention (CDC). 2021. National Center for Health Statistics. National Vital Statistics System, Mortality 2018-2021 on CDC WONDER Online Database. Accessed May 18, 2023. <http://wonder.cdc.gov/ucd-icd10-expanded.html>.

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