

## Teenagers and Suicide

Suicide is the third-leading cause of death for 15 to 24 year olds. It is reported that approximately eleven young people ages 15 to 24 die every day by suicide. Most adolescent suicides occur after school hours in the teen's home. Any deliberate self-harming behaviors should be considered serious and further evaluated by a professional. Adolescents are less likely to admit thoughts or attempts of suicide. Learn to recognize the signs of potential suicidal thoughts that may include talking or writing about suicide, death, or "of going away"; visible displays of guilt feelings or depression, withdrawal from family and friends; or engaging in self-destructive behaviors including alcohol and/or drug usage. Deaths by suicide can be prevented. Your expression of concern, support and love can make the difference. **ACT** now to stop a suicide: *A*cknowledge, take it seriously, and be willing to listen; *C*are, take the initiative and voice your concern; *T*reatment, get professional help immediately. Help is available for the individual, for the family, relatives and friends. Employee Service Program professional counselors are available for confidential assistance to state employees and their families, free of charge, and can be contacted at 517-373-7630 or 1-800-521-1377. For more information, visit the ESP web page at [www.michigan.gov/esp](http://www.michigan.gov/esp). The National HopeLine Network is available 24 hours 7 days a week by calling 800-SUICIDE (800-784-2433), for TTY call 800-448-1833. In the event of a life-threatening emergency you should go immediately to the nearest emergency room, or contact your local police at 911.