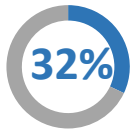
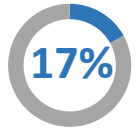


# Suicidal Behaviors among Youth and Young Adults in Michigan

Among Michigan High School Students in 2015<sup>1</sup>...



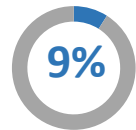
had feelings of depression



considered suicide



made a plan to attempt suicide



attempted suicide at least once



**2 out of 3** who seriously considered suicide made a plan for suicide



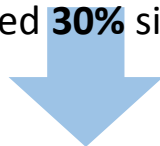
**2 out of 5** who made a plan went on to attempt suicide



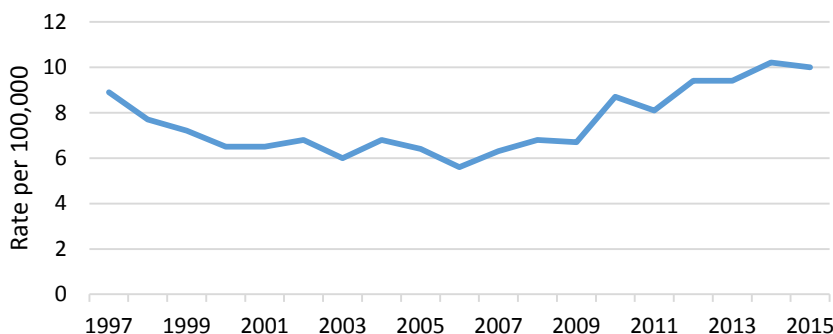
**1 out of 3** who attempted suicide had injuries that had to be treated by a doctor or nurse

## Risk Factors for Suicide in Michigan Youth and Young Adults

Suicidal thoughts in high school students have decreased **30%** since 1997<sup>1</sup>



However, suicides in MI youth/young adults have increased more than **50%** over the past 10 years<sup>2</sup>



- Youth who were bullied online were **4 x** more likely to consider suicide<sup>1</sup>
- LGBTQ youth were **4 x** more likely to consider suicide than heterosexual youth<sup>1</sup>
- Youth that experienced physical or sexual dating violence were **5 x** more likely to attempt suicide<sup>1</sup>
- Youth that were injured in a physical fight and had to be treated by a doctor or nurse were **5 x** more likely to attempt suicide<sup>1</sup>

### Questions?

Contact the Michigan Department of Health and Human Services Injury & Violence Prevention Unit

[Youth Suicide Prevention Program Website](#)

517-335-9518

**19%** of youth/young adults ages 10-24 who died by suicide in 2015 disclosed thoughts or plans to do so within the last month<sup>3</sup>

**62%** of those who tested positive for substances at death had alcohol or marijuana in their system<sup>3</sup>

**28%** were known to have left a suicide note<sup>3</sup>

The most common circumstances that contributed to suicide include<sup>3</sup>:

1. Mental health problem
2. Intimate partner problem
3. Recent argument
4. Family relationship problem
5. Substance use problem



## Suicide is preventable and there is always hope

### Know the warning signs for those at risk of suicide:

- Feelings of hopelessness
- Threatening to or talking about wanting to hurt oneself/death
- Loss of interest in activities
- Withdrawal from friends and family
- Change in eating and sleeping habits
- Drug and alcohol use
- Persistent boredom, difficulty concentrating, or decline in quality of schoolwork
- Looking for access to firearms, pills, and other lethal methods

#### Data Sources:

1. Michigan Youth Risk Behavior Survey (YRBS), 2015
2. Michigan Department of Health and Human Services, Division for Vital Records & Health Statistics, Resident Death Certificates, 1997-2015
3. Michigan Violent Death Reporting System (MiVDRS), 2015

YRBS data is from a representative sample of Michigan high school students and MiVDRS data includes all suicide deaths in Michigan

### Resources

Call the National Suicide Prevention Lifeline at:

**1-800-273-TALK**



Stop the Silence. Help End the Violence.

OK2SAY is a safety program that allows Michigan students and school employees to confidentially report tips to prevent potential harm or criminal activities, which can save lives.

More information can be found at:

[OK2SAY Website](#)