

## DID YOU KNOW?

Youth suicide in Utah is increasing.



Between 1999 and 2003, Utah had the



8th highest suicide rate in the nation.

Increased awareness is needed so



that you, a member of our community,

can find out what you should know,



what to look for, what you can do,



where to learn more and where to

go for help.



## WHERE TO GET HELP

### Utah County

**Crisis Line:**  
(801) 226-4433

### Wasatch Mental

**Health Crisis Line:**  
(801) 373-7393

### National Crisis Line:

1-800-784-2433

### Where to Learn More

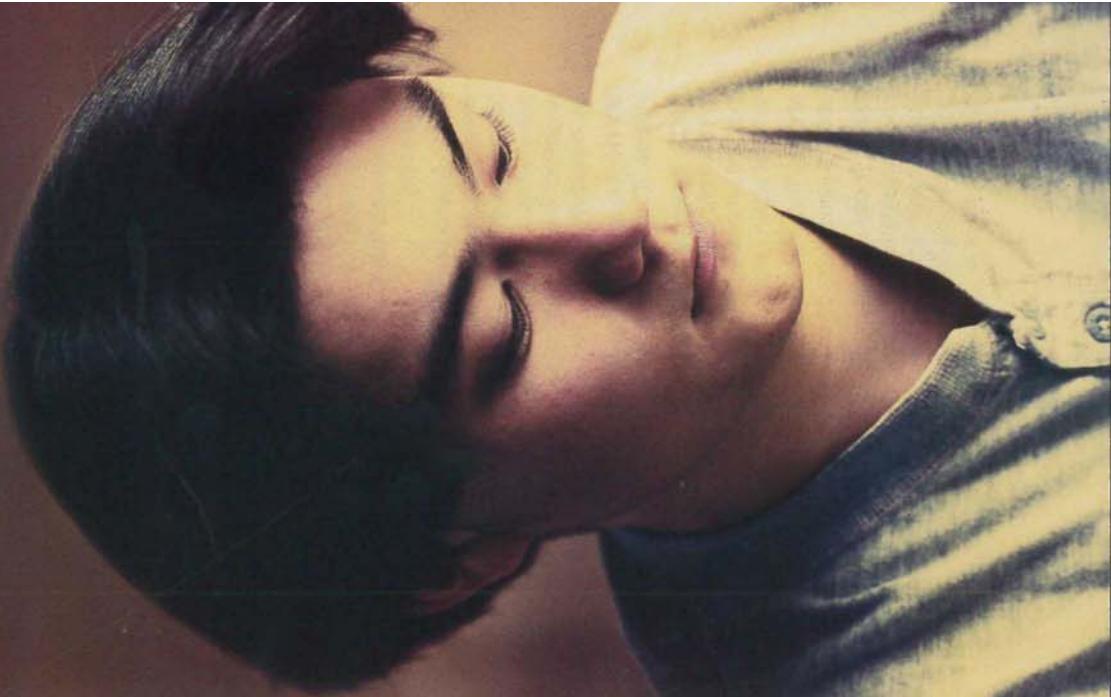
[www.cdc.gov/npcpc](http://www.cdc.gov/npcpc)  
[www.suicidology.org](http://www.suicidology.org)  
[www.nlmh.nih.gov](http://www.nlmh.nih.gov)  
[www.utahhope.org](http://www.utahhope.org)  
[www.health.utah.gov/vipp](http://www.health.utah.gov/vipp)

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# Suicide is not an option.

**Suicide prevention:  
What you should know and do.**



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### HOPE Task Force suicide prevention resources:

- **Education for community and groups:** Presentations that increase education, awareness and provide prevention information. **Call 374-4802**
- **School program:** Comprehensive peer-mentoring elementary and secondary school program. **Call 374-4802.**
- **Survivor group:** Meets monthly—Information at: <http://groups.msn.com/hearandsuicidesurvivors>

### 1. Hold On.

If you sense someone is considering suicide, you must "hold on" to them emotionally. Don't ignore the problem or think it will go away. Ask, "Have you been very unhappy lately? Are you so unhappy that you've considered ending your life?" Let them speak freely. Be persistent to get them to talk.

### 2. Persuade.

Listen with full attention. Remember, suicide is not the problem—focus on the perceived problem. Help the person recognize any reason for living.

### 3. Empower.

Take the person directly to someone who can help. Get a commitment from them to accept help, and make arrangements. Get a good faith commitment not to complete or attempt suicide.



**Hold On. Persuade. Empower.**

**Utah HOPE Task Force for Suicide Prevention**

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Chaplain Dean L. Jackson

## WHAT IS MYTH and WHAT IS FACT?



**MYTH:** Only experts can prevent suicide.

**FACT:** Suicide prevention is everybody's business, and anyone can help prevent the tragedy of a suicide.

**MYTH:** Confronting a person about suicide will only make them angry and increase the risk of suicide.

**FACT:** Asking someone directly about suicidal intent will lower anxiety and provide communication, which will lower the risk of an impulsive act.

**MYTH:** No one can stop a suicide, it is inevitable.

**FACT:** If people in a crisis get the help they need, they will probably never be suicidal again.

**MYTH:** Those who talk about suicide don't do it.

**FACT:** Those who talk about suicide are expressing their pain and they are just as likely as those who don't talk about it.

## WHAT TO LOOK FOR:

### Nationwide

- Suicide is the third leading cause of death for youth ages 15–24.
- One youth completes suicide every two hours.
- Suicide rates for ages 10–14 increased 51% between 1981 and 2004

American Association of Suicidology

### Statewide

- Suicide is the second leading cause of death for Utah males ages 10–44.
- Four times as many males as females commit suicide—more females attempt than males.
- 65% of Utah male youth suicide completers had been diagnosed with a psychiatric disorder such as depression.
- 63% of Utah male youth suicide completers had contact with the juvenile justice system

- 16% of Utah high school students said they seriously considered attempting suicide, 14% made a plan of how they would attempt suicide, 8% had attempted suicide, 3% attempted suicide that resulted in an injury that had to be treated by a doctor or a nurse.

Utah Department of Health

## WHAT YOU CAN DO:

### Ask

- If concerned, don't wait, ask the question
- Even if the person is reluctant, be persistent
- Talk to the person alone, in private
- Allow the person to talk freely
- Have a resource handy



### Feeling of isolation and loneliness

- Withdraws from family and friends
- Difficulty talking about problems

### Characteristics of aggression, impulsiveness, or perfectionism

- Drug and alcohol abuse
- Giving away prized personal possessions
- Previous suicide attempts
- Talking about death or wanting to kill themselves



### Then ask

- "Will you go with me to get help?"
- "Will you let me help you get some help?"

### Refer

People who are suicidal often believe they cannot be helped, so you may have to do more.

- Take the person directly to someone who can help.
- Get a commitment from them to accept help, then make arrangements to get that help.



### How to ask

- "Have you been very unhappy lately?"
- "Have you been so unhappy that you've been thinking of ending your life?"

### Encourage

- Listen to the problem with full attention
- Remember, suicide is not the problem, it is the perceived insolvable problem
- Do not rush judgement
- Offer hope of any kind
- Help the person recognize any reason for living

