Suicide is Preventable

Suicide is the 3rd leading cause of death among Los Angeles County youth 15-24 years of age. The highest rates of suicide attempts are found among this same age group.

An essential building block for comprehensive suicide prevention includes fostering community networks and social connections across the lifespan to have the greatest impact in reducing suicide deaths, suicide attempts, and all forms of self-harm. This is particularly important for youth.

Los Angeles County Data Snapshot - 2012 to 2014

Youth and young adults (10-24 years old) accounted for 258 suicide deaths, over 4,200 hospitalizations and nearly 4,000 Emergency Department visits for suicide attempts.

Demographics of Youth Victims of Suicide and Suicide Attempts* in Los Angeles County

<table>
<thead>
<tr>
<th></th>
<th>DEATHS</th>
<th>INPATIENT</th>
<th>ED VISIT</th>
</tr>
</thead>
<tbody>
<tr>
<td>TOTAL #</td>
<td>258</td>
<td>4,239</td>
<td>3,916</td>
</tr>
<tr>
<td>MALE</td>
<td>75%</td>
<td>35%</td>
<td>39%</td>
</tr>
<tr>
<td>FEMALE</td>
<td>25%</td>
<td>65%</td>
<td>61%</td>
</tr>
<tr>
<td>WHITE</td>
<td>24%</td>
<td>30%</td>
<td>29%</td>
</tr>
<tr>
<td>BLACK</td>
<td>12%</td>
<td>10%</td>
<td>13%</td>
</tr>
<tr>
<td>LATINO</td>
<td>50%</td>
<td>51%</td>
<td>47%</td>
</tr>
<tr>
<td>ASIAN/PI</td>
<td>14%</td>
<td>5%</td>
<td>4%</td>
</tr>
<tr>
<td>10-14 YEARS</td>
<td>5%</td>
<td>16%</td>
<td>18%</td>
</tr>
<tr>
<td>15-19 YEARS</td>
<td>30%</td>
<td>44%</td>
<td>45%</td>
</tr>
<tr>
<td>20-24 YEARS</td>
<td>65%</td>
<td>39%</td>
<td>37%</td>
</tr>
</tbody>
</table>

|                  |        |           |          |
| SUFFOCATION      | 46%    | ---*      | ---*     |
| FIREARM          | 24%    | ---*      | ---*     |
| POISON           | 12%    | 59%       | 45%      |
| CUT/STABBING     | ---*   | 31%       | 32%      |

* Small cell size or information not available.

Between 2007 and 2016, the youth suicide rate ranged from 3.4 to 4.8 deaths per 100,000.
Preventing suicide begins with teaching, establishing and maintaining physical, emotional, and mental well-being.

We All Play a Role in Preventing Suicide:
- Know the Warning Signs
- Take the Person Seriously
- Listen with Empathy and Provide Support
- Make a Safety Plan, reduce easy access to lethal means (firearms, medications, etc.)
- Do Not Keep Suicide Secrets - tell a trusted adult, seek professional help

Public Health Focus on Suicide Prevention: Considerations for Youth

Protective factors:
- Social connectedness
- Exposure to responsible (non-glamourized) media reporting on suicide
- Access to effective clinical interventions (therapeutic, behavioral, and medical)
- Emotion regulation, problem solving and conflict resolution skills
- Reduced stigma (individual, family, and community)
- Restricted access to lethal means (firearms, stockpiled medications, etc.)
- Positive beliefs about the future, ability to cope, and life in general
- Strong support systems

Risk Factors:
- Unmanaged mood and anxiety disorders, impulsivity
- Current or past exposure to violence, abuse, or trauma
- Previous suicide attempts or self-inflicted injury
- Bullying
- Family or peer history of suicide
- Alcohol and drug abuse
- Bereavement
- Academic troubles/failure
- Isolation
- Relationship stressors (dating, peers, family, etc.)
- Hopelessness
- Pattern of aggressive or antisocial behavior

Resources and Support for Youth:
- LA County 211 [www.211la.org](http://www.211la.org)
- LA County Department of Mental Health 1-800-854-7771
- Teen Line - 310-855-4673, teenlineonline.org text TEEN to 839863
- Trevor Project - Lifeline 1-866-488-7386, thetrevorproject.org Text (TREVOR to 1-202-304-1200)
- Los Angeles LGBT Center lalgbtcenter.org
- Active Minds [https://www.activeminds.org](https://www.activeminds.org)
- Know the Signs [www.suicideispreventable.org](http://www.suicideispreventable.org)
- Love Is Respect 1-866-331-9474 [https://www.loveisrespect.org](https://www.loveisrespect.org), text LOVEIS to 22522
- National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or visit [suicidepreventionlifeline.org/help-yourself/youth](http://suicidepreventionlifeline.org/help-yourself/youth) and [youmatter.suicidepreventionlifeline.org](http://youmatter.suicidepreventionlifeline.org)