



YOUTH SUICIDE FACT SHEET BASED ON 2014 & 2015 DATA (2016)

Overview

- In 2014, 5,079 youth age 15-24 died by suicide.ⁱ
- Suicide was the 2nd leading cause of death for 15-24 year olds in 2014. Suicide was also the 2nd leading cause of death for youth aged 10-14 years old.
- The 2015 Youth Risk and Behavior Survey found that in previous 12 months among high school students; 17.7% seriously considered suicide; 14.6% made a plan for suicide; 8.6% attempted suicide one or more times; 2.8% made a suicide attempt that had to be treated by doctor or nurse.ⁱⁱ
- Girls are more likely to attempt suicide, but boys are 4.34 times more likely to die by suicide than girls.
- Among ages 15-24, 4,111 Caucasians, 544 African Americans, 229 Asian/Pacific Islanders and 129 Native Americans died by suicide during 2014.ⁱ

RISK FACTORS

- Mental illness
- Substance abuseⁱⁱⁱ
- Firearms in the householdⁱⁱⁱ
- Previous suicide attempts^{iv}
- Non-suicidal self-injury^v
- Exposure to friends'/family member's suicide^{vi}
- Low self-esteem^{vii}

PROTECTIVE FACTORS

- Family and school connectedness^{viii}
- Safe schoolsⁱⁱⁱ
- Reduced access to firearms^{ix}
- Academic achievement^{vi}
- Self-esteem^x

Youth Suicide Can Be Prevented

Youth across America are affected by suicide, be it families, at school, or in their own lives. The cost is immeasurable, but help is available. Friends are often the first to know their friend is suicidal, and we need to help them know where to find help.

ⁱ Centers for Disease Control and Prevention, National Center for Injury and Prevention and Control, Web-based Injury Statistics Query and Reporting System (WISQARS) [online], [cited September 2016]. Retrieved from www.cdc.gov/ncipc/wisqars

ⁱⁱ Centers for Disease Control and Prevention. (2016). Youth risk behavior surveillance system (YRBSS). Retrieved from <http://www.cdc.gov/healthyyouth/data/yrbs/index.htm>

ⁱⁱⁱ Brent, D.A., Baugher, M., Bridge, J., Chen, T., & Chiappetta, L. (1999). Age- and Sex-Related Risk Factors for Adolescent Suicide. *Journal of the American Academy of Child & Adolescent Psychiatry*, 38(12), 1497-1505.

^{iv} Beautrais, A.L. (2004). Further suicidal behavior among medically serious suicide attempters. *Suicide and Life-Threatening Behavior*, 34(1), 1-11.

^v Nock, M.K., Joiner Jr., T.E., Gordon, K.H., Lloyd-Richardson, E., & Prinstein, M.J. (2006). Non-suicidal self-injury among adolescents: diagnostic correlates and relation to suicide attempts. *Psychiatry Research*, 144(1), 65-72.

^{vi} Borowsky, I.W. (2001). Adolescent suicide attempts: risk and protectors. *Pediatrics*, 107(3), 485-493.

^{vii} Resnick, M.D. et al. (1997). Protecting adolescents from harm: findings from the National Longitudinal Study on Adolescent Health. *JAMA*, 278(10), 823-832.

^{viii} Kaminski, J.W., Puddy, R.W., Hall, D.M., Cashman, S.Y., Crosby, A.E., & Ortega, L.A.G. (2010). The relative influence of different domains of social connectedness of self-directed violence in adolescence. *Journal of Youth and Adolescence*, 39, 460-473.

^{ix} Grossman et al. (2005). Gun storage practices and risk of youth suicide and unintentional firearm injuries. *JAMA*, 293(6), 707-714.

^x Sharaf, A.Y., Thompson, & Walsh, E. (2009). Protective effects of self-esteem and family support on suicide risk behaviors among at-risk adolescents. *Journal of Child and Adolescent Psychiatric Nursing*, 22(3), 160-168.

If you or someone you know is suicidal, please contact a mental health professional or call 1-800-273-TALK (8255).