



Georgia Statistics/Facts on Suicide

Every year in Georgia there are 700-800 youth hospitalized overnight for a suicide attempt.

Suicide is the third leading cause of death of ages 15-24 years of age in Georgia.

Every year in Georgia 900 people die from suicide.

Someone dies from suicide approximately every 16 minutes.

Suicide rates in the U.S. are lowest in the winter and highest in the spring.

One of every three youth suicides in Georgia are completed with a firearm owned by a family member.

Risk Factors/Warning signs Pertaining to Suicide

Past suicidal attempts.

Getting a gun or stockpiling pills.

Giving away prized possessions.

Impulsivity/Increased risk taking.

Unexplained anger, aggression, irritability.

Self-destructive acts (i.e., cutting).

Chronic truancy, running away.

Perfectionism.

Being expelled from school or fired from a job.

Family problems or alienation.

Loss of any major relationship.

Death of a friend or family member, especially if by suicide.

Diagnosis of a serious or terminal illness.

Financial problems (either their own or within the family).

Sudden loss of freedom or fear of punishment.

Feeling embarrassed or humiliated in front of peers.

Victim of assault or bullying.

Current talk of suicide/making a plan.

Strong wish to die/preoccupied with death (i.e., thoughts, music, reading).

Depression (hopelessness, withdrawal).

Substance use.

What to Do If You or Someone You Know Is Suicidal.

Ask the person are they feeling suicidal.

Persuade the person to talk to a school counselor or teacher.

Inform the school counselor or administrator if you believe you are seeing suicidal clues or warning signs from a youth.

Refer the person to a professional. The best “referral” involves directly taking the person to see the school counselor.

Provide resources to the individual.

Resources.

- Dial 988: Suicide and Crisis Lifeline

Hours: Available 24 hours. Languages: English, Spanish

- National Suicide Prevention Lifeline: 1-800-273-8255
- Georgia Crisis and Access Line: 800-715-4225
- My GCAL App- which can be downloaded to any phone and was designed to help youth in crisis.