

# Suicide is a serious public health problem that affects young people.

Suicide is the third-leading cause of death for young people between the ages of 10 and 24, resulting in approximately 4,500 lives lost each year.

## The numbers

In a nationwide survey of public and private schools, grades 9–12, an alarming number of young people reported:

- seriously considering suicide (15%)
- creating a plan (11%)
- trying to take their own life in the past 12 months (7%)

Each year, approximately 149,000 youth between the ages of 10 and 24 receive medical care for self-inflicted injuries at emergency departments across the United States.

## Suicide and gender

Young men are more likely to die from suicide than young women. Of the reported suicides in the 10 to 24 age group, 83% of the deaths were young men. However, young women are more likely to report attempting suicide than young men.

## Suicide and race

According to Delaware Kids Count, multiracial teens have considered, planned and attempted suicide more than twice as frequently as teens of any other racial group.

Multiracial teens were treated by a doctor or nurse for injuring themselves by means of injury, poisoning or overdose nearly three times more often than teens of any other racial group.

## Suicide and sexual orientation

Lesbian, gay, bisexual and transgender (LGBT) teens are at a higher risk for suicidal thoughts and attempts than heterosexual teens, according to the Suicide Prevention Resource Center.

LGBT teens in the 9th through 12th grades were found to be about twice as likely to attempt suicide than heterosexual teens.

## References

1. Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS): <http://www.cdc.gov/injury/wisqars/index.html>
2. Delaware Kids Count: <http://www.dekidscount.org/> (Sections 50–51)
3. The Suicide Prevention Resource Center: [http://www.sprc.org/library/SPRC\\_LGBT\\_Youth.pdf](http://www.sprc.org/library/SPRC_LGBT_Youth.pdf)

## DIRECTORY

Visit the following websites for more information and resources related to suicide and suicide prevention.

### Organization

Active Minds

American Association of Suicidology

American Foundation for Suicide Prevention

Half of Us

Jed Foundation

Living Works Education (ASIST)

Mental Health America

Live Your Life Well Campaign

National Center for Suicide Prevention

National Institute of Mental Health

National Organization for People of Color Against Suicide, Inc.

National Police Suicide Foundation

National Youth Violence Prevention Resource Center

QPR Institute

Suicide.org

Suicide Awareness Voice of Education

Suicide Prevention Action Network USA

Suicide Prevention Resource Center

The Link's National Resource Center

Trevor Helpline

### Website

[www.activemindsoncampus.org](http://www.activemindsoncampus.org)

[www.suicidology.org](http://www.suicidology.org)

[www.afsp.org](http://www.afsp.org)

[www.halfofus.com](http://www.halfofus.com)

[www.jedfoundation.org](http://www.jedfoundation.org)

[www.livingworks.net](http://www.livingworks.net)

[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

[www.liveyourlifewell.org](http://www.liveyourlifewell.org)

[www.ncspt.org](http://www.ncspt.org)

[www.nimh.nih.gov](http://www.nimh.nih.gov)

[www.nopcas.com](http://www.nopcas.com)

[www.psf.org](http://www.psf.org)

[www.safeyouth.org](http://www.safeyouth.org)

[www.qprinstitute.com](http://www.qprinstitute.com)

[www.suicide.org](http://www.suicide.org)

[www.save.org](http://www.save.org)

[www.spanusa.org](http://www.spanusa.org)

[www.sprc.org](http://www.sprc.org)

[www.thelink.org](http://www.thelink.org)

[www.thetrevorproject.org](http://www.thetrevorproject.org)

### Websites and phone numbers for local organizations

**ContactLifeline:** [www.contactlifeline.org](http://www.contactlifeline.org)

New Castle: (302) 761-9100, Kent/Sussex: 1-800-262-9800

**Division of Prevention and Behavioral Health Services:**

<http://kids.delaware.gov/pbhs/pbhs.shtml>

(302) 633-2600, 1-800-722-7710

**Division of Substance Abuse and Mental Health (DHSS):**

[www.dhss.delaware.gov/dhss/dsamh](http://www.dhss.delaware.gov/dhss/dsamh), (302) 255-9399,

**Dover Behavioral Health:** [www.doverbehavioral.com](http://www.doverbehavioral.com), (302) 741-0140

**MeadowWood Hospital:** [www.psolutions.com/facilities/meadowwood](http://www.psolutions.com/facilities/meadowwood)

New Castle: (302) 328-3330, Kent/Sussex: 1-800-289-8336

**Mental Health Association in Delaware:** [www.mhainde.org](http://www.mhainde.org)

New Castle: (302) 654-6833, Kent/Sussex: 1-800-287-6423

**National Alliance for the Mentally Ill in Delaware (NAMI-DE):** [www.namide.org](http://www.namide.org)

New Castle: (302) 427-0787, Kent: (302) 744-9356, Sussex: (302) 226-3334

**Rockford Center:** [www.rockfordcenter.com](http://www.rockfordcenter.com), (302) 996-5480

**Steps For Steph:** [www.stepsforsteph.com](http://www.stepsforsteph.com), (302) 383-3300