

YOUTH SUICIDE PREVENTION ASSEMBLY

Youth Suicide Prevention Assembly (YSPA) is dedicated to reducing the occurrence of suicide and suicidal behaviors among New Hampshire's youth through the age of 24 years old. We will accomplish this through a coordinated approach to providing communities current information regarding best practices in prevention and post-vention strategies and by promoting youth safety in our communities and organizations.

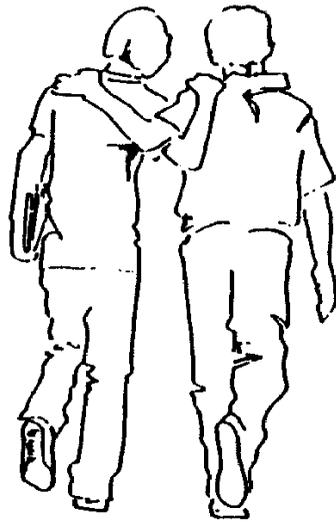
YSPA meets on the second Thursday of each month in Concord.

For additional information on YSPA, please contact:

NAMI NH
(603) 225-5359 x 315

Division of Behavioral Health
NH Dept. of Health & Human Services
(603) 271-5028

You Can Help Prevent Youth Suicide in NH

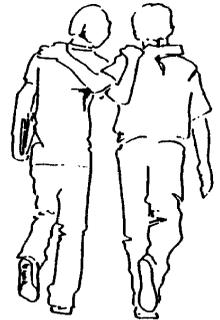


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Youth Suicide at a Glance

- More females than males attempt suicide; but more males die by suicide
- Suicidal individuals are often impulsive and ambivalent. Keeping the person safe and away from lethal means is known to be effective in preventing suicides.
- Gay, lesbian, bisexual and transgender youth are at increased risk for suicide attempts.
- Mental illness, substance misuse, exposure to trauma, and access to lethal means are major risk factors for suicide.



NH by the Numbers:

- * Suicide is the second leading cause of death among 15 to 24 year-olds in New Hampshire*
- * 33.6% of NH students report feeling so sad and hopeless that they stopped doing some usual activities.**
- * 18.4% of NH students report seriously considering suicide.**
- * 13.3% of NH students report making a plan about how they would attempt suicide in the past 12 months.**
- * 7% of NH students report attempting suicide in the past 12 months.**
- * 2% of those were so seriously injured that they were treated by a doctor or nurse.**

Sources

* CDC/WISQARS

** 2019 Youth Risk Behavior Survey

These are Some of The Warning Signs*:

- They have previously attempted suicide
 - There has been a suicide in the family or community
 - They are misusing drugs, alcohol or both
 - They appear depressed and withdrawn
 - They have had a recent loss, such as the breakup of a relationship
 - They are having academic or disciplinary issues at school or work
 - Their eating or sleeping habits have changed
 - They are being harassed or harassing others
 - They have had trouble with the law
 - They mention suicide, even jokingly, using phrases like:
 - “I can’t take it anymore.”
 - “Nobody cares about me.”
 - “You’d be better off without me.”
 - They feel like they don’t belong – in their family, in their school, in their community
- * **Whenever you are concerned, take action!**

Take Action:

- Don’t leave them alone. Keep eyes on at all times until you can get help.
- Seek professional help. Talk to your health care provider or local community mental health center (see list on the reverse side).
- Remove potentially lethal items - like guns and pills
- Ask the person directly about suicide. Don’t be afraid to use the word “suicide”. It will help the person realize that someone who cares is listening.
- Reassure the person that you care. Listen openly and be nonjudgmentally
- Get others involved. Don’t try to do it alone.

For immediate support contact:

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
Crisis Text Line: 741741

Trevor Project: For LGBT Individuals
866-488-7386
www.thetrevorproject.org

Teenline (NH)
(800) 639-6095

Additional Resources:

Transline
Website for Transgendered Individuals
<https://translifeline.org/>

If you or someone you know is at risk for suicide, contact the nearest community mental health center:

1. Northern Human Services

Berlin: 752-7404
Colebrook: 237-4955
Conway: 447-2111
Littleton: 444-5358
Wolfeboro: 569-1884

2. West Central Behavioral Health

Lebanon: 1-800-564-2578

3. Lakes Region Mental Health

Laconia: 524-1100

4. Riverbend

Concord: 1-800-852-3323
Franklin: 934-3400

Riverbend Mobile Crisis Response Team:

844-743-5748

5. Monadnock Family Services, Inc.

Keene: 357-5270

6. Greater Nashua MHC at Community Council Nashua:

889-6147
Harbor Homes Nashua Mobile Crisis Response Team: 603 816-0101

7. Mental Health Center of Greater Manchester:

668-4111
Greater Manchester Mental Health Center

Mobile Crisis Response Team:

800-688-3544

8. Seacoast Mental Health Center

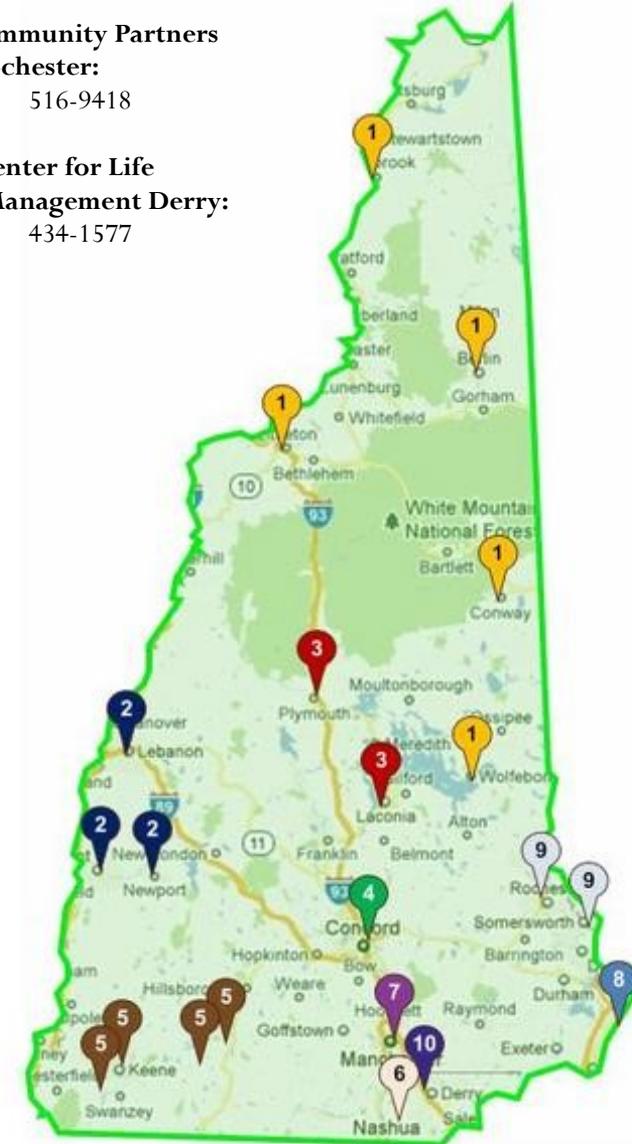
Portsmouth: 431-6703

9. Community Partners

Rochester:
516-9418

10. Center for Life Management Derry:

434-1577



Call 911

in an EMERGENCY