

## Youth Suicide Prevention Assembly

The Youth Suicide Prevention Assembly (YSPA) is dedicated to reducing the occurrence of suicide and suicidal behaviors among New Hampshire's youth and young adults through the age of 24 years. We will accomplish this by collaborating with communities regarding current information and best practices in prevention, intervention, and postvention strategies and by promoting hope, recovery and safety in our communities and organizations.

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

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



## Youth Suicide Prevention Assembly

### *Youth Suicide at a Glance*

- Suicide is the second leading cause of death among 15 to 24 year-olds in New Hampshire.
- More females than males attempt suicide and more males die by suicide.
- Suicidal individuals are often impulsive and confused. An effective way to keep people safe is to keep them away from lethal means such as firearms or pills.
- Mental illness, substance use, traumatic experience, and access to lethal means are some major risk factors for suicide.
- People who identify as LGBTQI+ and people with disabilities may be at a higher risk for suicide.

***Research shows that connections to positive, affirming communities can lessen the risk of suicide.***

- <https://www.thetrevorproject.org/survey-2021>
- [https://libres.uncg.edu/ir/uncg/f/C\\_Morris\\_Suicide\\_2008.pdf](https://libres.uncg.edu/ir/uncg/f/C_Morris_Suicide_2008.pdf)

### *Communities Can Make a Difference*

There are some individual characteristics and things we can do in communities that may help protect people from suicidal thoughts and behavior.

- developing coping and problem-solving skills
- connections to friends, family, and community support
- supportive relationships with care providers
- availability of quality physical and mental health care
- limited access to lethal means

**Suicide is preventable and everyone has a role to play to save lives and create healthy and strong individuals, families, and communities.**

## Know 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- They appear depressed and withdrawn.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 are 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.”

## 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 this brochure).
- Remove potentially lethal items such as firearms or pills.
- Ask the person directly about suicide. It’s ok use the word “suicide”. It will help them realize that you care and are listening.
- Reassure the person that you care. Listen openly and don’t judge.

### For immediate phone support call:

For 24/7, free and confidential support

Call the National Suicide Prevention Life-line

**1-800-273-TALK (8255)**

**Or text 741-741**

To be connected to someone who is understanding of LGBTQ issues and won’t judge you

Call the Trevor Project

**866-488-7386 or text 678-678**

If you or someone you know is experiencing an addiction-related crisis, call **211**.

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

1. Northern Human Services  
Berlin: 603-752-7404  
Colebrook: 603-237-4955  
Conway: 603-447-2111  
Littleton: 603-444-5358  
Wolfeboro: 603-569-1884
2. West Central Behavioral Health  
Lebanon: 1-800-564-2578
3. Lakes Region Mental Health  
Laconia: 603-524-1100
4. Riverbend  
Concord: 1-800-852-3323  
Franklin: 603-934-3400
5. Monadnock Family Services, Inc.  
Keene: 603-357-5270
6. Greater Nashua MHC at Community Council  
Nashua: 603-889-6147
7. Mental Health Center of Greater Manchester  
Manchester: 603-668-4111
8. Seacoast Mental Health Center  
Portsmouth: 603-431-6703
9. Community Partners  
Rochester: 603-516-9418
10. Center for Life Management  
Derry: 603-434-1577



**In an emergency, call 911.**