Suicide Facts:

Unsupervised teen firearm access **triples** the risk of death by suicide

50% of survivors made an attempt within 20 minutes of their decision to attempt suicide

Of youth who completed suicide, 82% used a firearm from their home

Emotional Triggers **Should Not Be Lethal**

**What can you do to keep your teen safe?**

- The teen brain is still developing, which can lead to emotional situations that override their still-developing impulse control
- Knowing risks for injury and using a barrier can help keep your teen safe
- Teens can engage in risky behaviors and react to seemingly small stressors
- Even with no history of depression, teens sometimes make impulsive decisions with deadly results. **Education alone is not enough.**

**Barriers are Effective**

**Risks**

**Firearms:**
- 90% of suicide attempts with a firearm are fatal
- Nearly 2/3 of all US firearm deaths are due to suicide
- The rate of firearm suicide by teens is up 61% over the past 10 years
- Teens should not know the combination or location of keys to firearm safe

**Medications:**
- Teens often take medications in suicide attempts
- Both prescription and over-the-counter medications can result in overdose deaths
- **Tylenol,** when taken over suggested dosage, can cause life-threatening injuries or death, even if appearing symptom free for the first 24 hours

**Alcohol:**
- Alcohol is the most commonly used and abused drug among youth in the US and is readily accessible in homes
- Alcohol causes more than 4,300 deaths among US teens each year

**Barrier as Prevention**

- Even if experienced with firearms, teens should only have supervised access to them
- Keep any firearms that are not under your direct control locked away
- Ammunition should also be locked when not in use
- Consider temporarily removing firearms from the home if someone is suicidal

- Always keep prescription and over-the-counter medications locked away and out of the reach of children and teens
- Have a family conversation about the dangers of misusing medications
- Never share medications with family members
- Dispose of prescription medications after the period they are prescribed

- Like medications, alcohol should be locked away and not accessible to teens
- Talk to your teen about alcohol and potential dangers. Keep the lines of communication open and let your teen know that they will not be in trouble if they come to you with concerns.
### Warning Signs:
- Depression and other mental concerns, or a substance abuse disorder
- Talking about feeling hopeless or worthless
- Previous suicide attempt(s)
- Withdrawing or isolating from friends, peers and family
- Family history of suicide, mental illness, or depression
- Knowing someone with suicidal behavior (i.e. family member, friend or celebrity)
- Severe stress or anxiety
- Sudden changes in behavior such as talking less or becoming disengaged

### Should I talk to my child about mental health and suicide?

<table>
<thead>
<tr>
<th>My child is an honor roll student</th>
<th>My child is in the school band</th>
<th>My child is a star athlete</th>
<th>My child doesn’t participate in after school activities</th>
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<tbody>
<tr>
<td></td>
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<tr>
<td>My child has only a few or no close friends</td>
<td>My child has lots of friends</td>
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</tbody>
</table>

**YES!** Every parent should be having honest and open discussions with their teen no matter the circumstances. Depression and suicide may be hard to recognize, which is why an open dialogue is key.

Have frequent conversations with your teen on this topic even if your teen seems disinterested. Incorporating them into your normal routine, such as during family dinners, is an easy way to do so. **You can make a difference.**

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### Resources:
Your teen’s safety is important to you, your doctor, and members of your community. You deserve to have all the information possible to prevent injury risks.

1) Have a discussion with your teen and their pediatrician
2) If you have further questions, refer to the following resources and continue to do frequent check-ins with your teen:
   - Suicide Prevention Resource Center - [https://www.sprc.org/](https://www.sprc.org/)
   - Suicide Prevention Lifeline - [https://suicidepreventionlifeline.org/](https://suicidepreventionlifeline.org/)
   - Suicide Prevention Lifeline - Call 1-800-273-8255
   - Crisis Text Line - Text HOME to 741741
3) If you have life threatening concerns go directly to your local emergency department

### Questions?
Ohio AAP resources can be found at: [http://ohioaap.org/storeitsafe](http://ohioaap.org/storeitsafe)