Emotional Triggers Should Not Be Lethal

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

- **EVERY** youth is at risk
- The adolescent 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 youth safe
- Youth can engage in risky behaviors and react to seemingly small stressors
- Even with no history of depression, youth sometimes make impulsive decisions with deadly results. *Education alone is not enough.*

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### 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
- Youth should not know the combination or location of keys to firearm safe

**Medications:**
- Youth 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, youth 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 youth
- 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 youth
- Talk to your youth about alcohol and potential dangers. Keep the lines of communication open and let your youth know that they will not be in trouble if they come to you with concerns.
Suicide Warning Signs:

- Depression and other mental concerns, or a substance use 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 (for example, a family member, friend or celebrity)
- Severe stress or anxiety
- Sudden changes in behavior such as talking less or becoming disengaged

Resources:

1) Have a discussion with your youth and their pediatrician
2) If you have further questions, refer to the following resources and continue to do frequent check-ins with your youth:
   - Crisis Text Line - Text HOME to 741741
   - Suicide Prevention Resource Center - https://www.sprc.org/
   - Suicide Prevention Lifeline - https://suicidepreventionlifeline.org/
   - Suicide and Crisis Lifeline - Call or Text 988
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

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