

TEEN SUICIDE IS PREVENTABLE

Did you know?

Suicide is now the **second leading** cause of death for teens and young adults in the United States.

WARNING SIGNS CAN INCLUDE:

- Self-destructive behavior such as increased drug or alcohol use
- Anxiety, agitation, irritability, aggression, recklessness
- Sleeplessness or sleeping too much
- Depression or mood swings
- Loss of interest
- Withdrawing from family and friends
- Talking about dying or wanting to die

If you suspect someone is contemplating suicide, don't wait.

Getting help immediately is crucial and can save a life.
We offer no-cost assessments, 24 hours a day, 7 days a week.
Call us at 800-753-5223 today.



Suicide does not discriminate

People of all genders and ethnicities can be at risk and there is no single cause. Knowing the warning signs and how to get help can help save lives.

THE MAIN RISK FACTORS FOR SUICIDE ARE:

- Depression, other mental disorders or substance use disorder
- Certain medical conditions/chronic pain
- A prior suicide attempt
- Family history of a mental disorder, substance use, or suicide
- Family violence
- Access to unsecured firearms
- Being exposed to others' suicidal behavior, such as that of family members, peers or celebrities



If you or someone you know is thinking about suicide, call the Suicide Prevention Lifeline at 1-800-273-TALK (8255)



19 Prospect Street | Summit, NJ 07902
800-753-5223 | summitoakshospital.com

In case of emergency dial 911.

SOURCE: National Institute of Mental Health, Centers for Disease Control and Prevention, the National Strategy for Suicide Prevention, and the U.S. Department of Health and Human Services. The National Suicide Prevention Lifeline™, which is funded by the Substance Abuse and Mental Health Services Administration and administered by Vibrant Emotional Health.

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