

Youth and Teen Suicide

**If you are experiencing crisis call: 1-800-SUICIDE / 1-800-784-2433
1-800-273-TALK / 1-800-273-8255**

In 2004, the National Association of Attorneys General passed a Resolution encouraging all Attorneys General to become involved in addressing the national health problem of youth suicide – a “silent epidemic” that touches all social, ethnic and economic levels of families.

Suicide is the **THIRD** leading cause of death for adolescents and young adults, ages 10 – 24. It is very important that we educate students, educators, youth leaders and parents about the alarming statistics of youth suicide as we begin to work together toward prevention.

Today, over forty Attorneys General or officers, have joined efforts with the **Jason Foundation, Inc. (JFI)** in addressing this national and state health problem of youth suicide. **The Jason Foundation** (www.JasonFoundation.com) is a national leader in providing educational programs for students, educators, youth leaders and parents. These programs help provide the information, tools and resources to help identify at-risk youth and find them help.

NAMI New Hampshire, the National Alliance on Mental Illness, New Hampshire (www.naminh.org) is also a very helpful and useful resource with respect to teen suicide and other mental illnesses.

Youth Suicide Warning Signs

- Change in eating and sleeping habits
- Withdrawal from friends, family and regular activities
- Violent actions, rebellious behavior, or running away
- Drug and alcohol use
- Unusual neglect or personal appearance
- Marked personality change
- Persistent boredom, difficulty concentrating, or a decline in the quality of schoolwork
- Frequent complaints about physical symptoms, often related to emotions, such as stomachaches, headaches, fatigue, etc.
- Loss of interest in pleasurable activities
- Not tolerating praise or rewards

In addition to the National Suicide Hotline listed above, a list of New Hampshire statewide and local suicide and crisis hotline numbers can be accessed at:

www.suicidehotlines.com/newhampshire .