

COUNSELING PARTNERS OF LOS ANGELES
PARENT NEWSLETTER

SUICIDE AND CHILDREN

SIGNS, SYMPTOMS, AND PREVENTION



****WARNING****

This issue will discuss a sensitive and triggering subject - Suicide.

The Information presented is intended to be educational and informative for parents.

MISSION OF CPLA

The mission of Counseling Partners of Los Angeles is to support at-risk and under-served students living in Los Angeles by providing a low-cost, school-based program that delivers essential counseling and support services students need in order to grow toward their full potential emotionally, intellectually, morally and socially.

INTERESTED IN COUNSELING FOR YOUR CHILD?

CPLA's counseling services are **FREE** to all students attending one of our partner schools!

Reach out to the school principal or your child's teacher or request a CPLA referral form from the school.

CONTENTS

Facts about youth suicide - 1

Signs and symptoms - 2

Prevention - 3

LEARN MORE

Information in this newsletter is credited to:

healthyplace.com



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FACTS ABOUT YOUTH SUICIDE

Suicide is the

4th leading cause of death for **children** ages 10-14

3rd leading cause of death for **teenagers** 15-19.

In any one year, 2-6% of children will try to kill themselves. About 1% of children who try to kill themselves actually die of suicide on the first attempt.

which means...

for every 300 suicide attempts, there is only **1** completed suicide.

Almost **90%** of children and adolescents who attempt suicide have psychiatric disorders.

Children and teenagers who attempt suicide are...

8X more likely to have a mood disorder

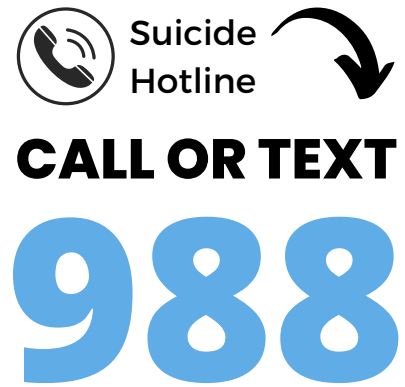
3X more likely to have an anxiety disorder

6X more likely to have a substance abuse problem.



SIGNS AND SYMPTOMS

- Talking about wanting to die
- Feelings of hopelessness, helplessness or having no reason to live
- Talking about being a burden to others
- Acting anxious or agitated
- Taking unusual risks or acting recklessly
- Changes in sleep patterns
- Withdrawing or talking about feeling isolated
- Show rage or seeking revenge
- Displaying extreme mood swings
- Previous suicide attempts
- Sudden changes in behavior (withdrawal, apathy, moodiness)
- Depression (crying, sleeplessness, loss of appetite, hopelessness)
- Final arrangements (such as giving away personal possessions)
- Loss of interest in usual activities



**Yes, suicide is a scary topic...but the good news is,
You can help prevent it! Here's how:**

1. Take It Seriously

If a child says it, it is worthy of your attention!

2. Talk about It!

If you are concerned your child is depressed or may be thinking about suicide, ask them about It! Talking about it actually can help prevent it from happening.

3. Get some help

For example, you may refer your child to a CPLA counselor!

4. Supervise your child

If your child makes a suicide attempt or has a plan, you need to make sure they are not alone. They need to be watched until they can be carefully assessed.

5. Restrict access to guns, pills, etc.

The most important thing to do about suicidal children is to make sure they don't have access to the common methods people use.