Youth Suicide in Georgia

Suicide was the second leading cause of death for Georgia children aged 10-17 in 2018.

GEORGIA YOUTH SUICIDES, AGES 5-17

Source: Georgia Bureau of Investigation, Child Fatality Review Unit

BREAKDOWN OF 2018 YOUTH SUICIDE DATA

Source: Georgia Bureau of Investigation, Child Fatality Review Unit

GEORGIA STUDENT HEALTH SURVEY

Source: Georgia Department of Education

In 2019:

- **108,494** students reported having seriously considered harming themselves
- **61,978** students reported having harmed themselves

The number of children in Georgia who visited emergency rooms for reasons related to suicide **doubled** between 2008 and 2018.

www.georgiavoices.org
**WARNING SIGNS OF SUICIDAL BEHAVIOR**

These signs may mean that someone is at risk for suicide. Risk is greater if the behavior is new, or has increased, and if it seems related to a painful event, loss, or change. Risk is also greater with the presence of multiple warning signs.¹

- Talking about wanting to die or kill oneself
- Seeking or having lethal means, such as firearms or medication, to kill oneself
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or being in un-bearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Displaying extreme mood swings
- Putting affairs in order or saying goodbye
- Sudden cheerful mood after depression
- Losing interest in enjoyable things
- Difficulty dealing with life issues

**PROTECTIVE FACTORS TO PREVENT SUICIDE**

According to the Centers for Disease Control and Prevention, protective factors buffer individuals from suicidal thoughts and behaviors.²

- Ongoing quality healthcare for mental, physical, and substance abuse disorders
- Easy access to a variety of clinical interventions and support
- Family and community support and connection
- Development of strong skills for non-violent conflict resolution and problem solving
- Cultural and religious believe that discourage suicide and support instincts for self-preservation

**Comprehensive Prevention Strategies**

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<tr>
<th>Identify and assist persons at risk</th>
<th>Gatekeeper training, suicide screening, teaching warning signs, referral to professional help</th>
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<tbody>
<tr>
<td>Increase help-seeking</td>
<td>Self-help tools and outreach campaigns</td>
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<td>Ensure access to effective treatment</td>
<td>Safety planning, evidenced-based treatment, and reducing financial, cultural, and logistical barriers to care</td>
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<td>Support safe care transitions and organizational linkages</td>
<td>Formal referral protocols, interagency agreements, cross-training, follow-up contacts, rapid referrals, and patient and family education</td>
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<tr>
<td>Respond effectively to individuals in crisis</td>
<td>Mobile crisis teams, walk-in crisis clinics, hospital-based psychiatric emergency services, and peer-support programs</td>
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<td>Provide immediate and long-term post-vention</td>
<td>Protocols to respond effectively and compassionately after a suicide, supports for people bereaved by suicide</td>
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<td>Reduce access to means of suicide</td>
<td>Educate families, distributing gun safety locks, changing medication packaging, and installing barriers on bridges</td>
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<td>Enhance life skills and resilience</td>
<td>Skills training, mobile apps, and self-help materials</td>
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<td>Promote social connectedness and support</td>
<td>Social programs for specific population groups</td>
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*Source: Suicide Prevention Resource Center*

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Sources available here: [https://tinyurl.com/YouthSuicideinGA](https://tinyurl.com/YouthSuicideinGA)
Sources for Youth Suicide in Georgia
