

SUICIDE

AMONG ADOLESCENTS AND YOUTH IN THE AMERICAS

Suicide is the **third leading cause** of death among adolescents and youth



24%

Homicides



20%

Traffic fatalities

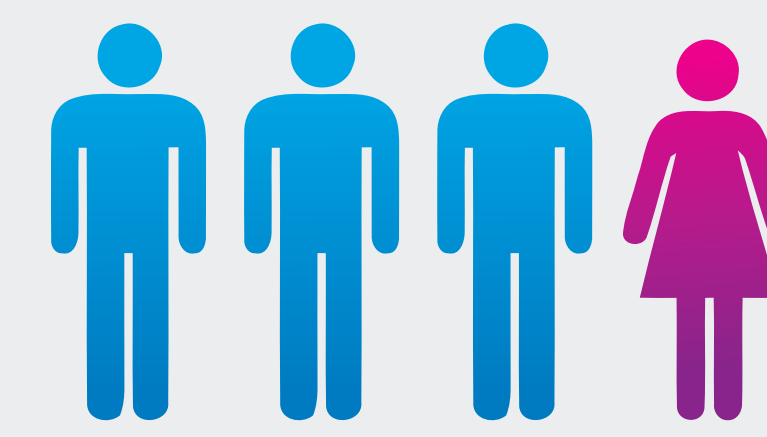


7%

Suicides

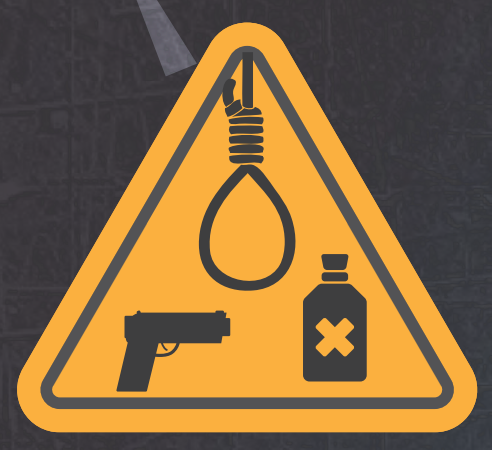


12,000
YOUNG PERSONS AGED 15 TO 24
DIE EACH YEAR DUE TO SUICIDE



3 OUT OF 4 ARE MALES

MALES carry out more suicides, but females make more suicide attempts



Previous suicide attempts



Isolation



Family history of suicide or attempts



Irritability



Depression/
anxiety



Feeling trapped or like a burden to others



Stressful life events



Increased use of substances



Loss of interest



Chronic health conditions

WARNING SIGNS

SUICIDE IS PREVENTABLE SUICIDE IS PREVENTABLE SUICIDE IS PREVENTABLE

IMPLEMENT NATIONAL STRATEGIES FOR SUICIDE PREVENTION:



FOLLOW UP on and support young people who have attempted suicide



RESTRICT access to the most common means of suicide



RAISE AWARENESS among young people, parents, teachers, and health workers



TARGET specific interventions for at-risk groups, such as indigenous and LGBT youth



IDENTIFY & TREAT mental health conditions and substance use



PROMOTE responsible sharing of suicide information in media and on social networks



PROVIDE suicide prevention training for health and education professionals



IMPROVE registration and analysis of suicides

PARENTS, TEACHERS, HEALTH WORKERS, YOUTH:



RECOGNIZE warning signs & seek help

References:
bit.ly/2dmZfyv

#YouthHealth
www.paho.org



Pan American Health Organization



World Health Organization
REGIONAL OFFICE FOR THE Americas