



## PRIMARY CARE

# National Children's MENTAL HEALTH AWARENESS WEEK 2019

Nationally, emergency department visits by youth for suicide-related injuries are **on the rise.**

Kalb LG, Stapp EK, et al. Trends in Psychiatric Emergency Department Visits Among Youth and Young Adults in the US. Pediatrics 2019;143:1-13

**1 in 10** middle school and high school students have made a suicide plan in the last 12 months, according to the Vermont Youth Risk Behavior Survey.

The suicide rate in **Vermont is 35%** higher than the national average.

American Foundation for Suicide Prevention (2018) Suicide facts & figures Vermont 2018

## Preventing Suicide: **EVERYONE** *Has A Role To Play*

### Talking About Suicide

It's important to talk about suicide, but be mindful about the language you use.

- Talking to youth about suicide opens the discussion and does not induce suicidal thinking or behavior
- Encourage young people not to worry alone about a peer's safety. If they are worried about someone they know, the right thing to do is to tell a responsible adult.
- Language is important when talking about suicide.

#### Phrases to Avoid

Committed suicide  
Successful suicide  
Completed suicide

#### Use Instead

Died by suicide  
Took his/her own life

### You Can Prevent Suicide

While working with suicidal patients can be challenging and, at times stressful, having evidence-based tools and strategies can improve your effectiveness and comfort in this important work. Research-backed programs exist, but implementation of these methods to more practices (like yours!) is lagging. Here's how to get up to speed.

- Download for free the Suicide Prevention Toolkit for Primary Care Practices from the Suicide Prevention Resource Center at <http://www.sprc.org/settings/primary-care/toolkit>.
- Learn about the Counseling on Access to Lethal Means (CALM) method in a 2-hour online course at <https://www.sprc.org/reso>

## Where to Get Help: [vtspc.org](http://vtspc.org)



#### CRISIS TEXT LINE

Text VT to 741741  
Free 24/7, Confidential

