

SUICIDE PREVENTION

Howard County Youth

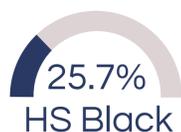
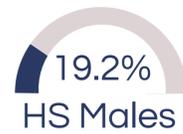
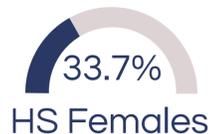


FACT: Suicide was the leading cause of death for youth ages 15-19 in Howard County between 2014-2016.
Suicide is a serious public health problem.

Hopelessness

1 in 4 high school students experienced sad or hopeless feelings

Percent of students who felt sad or hopeless for 2 weeks or more



HS = High School
MS = Middle School



THOUGHTS OF SUICIDE OR SELF-HARM

The number of young children and adolescents admitted to hospitals for thoughts of suicide or self-harm **more than doubled** from 2008 to 2015.

(Gregory Plemmons, Trends in Suicidality and Serious Self-Harm for Children 5-17 Years at 32 U.S. Children's Hospitals, 2008-2015)

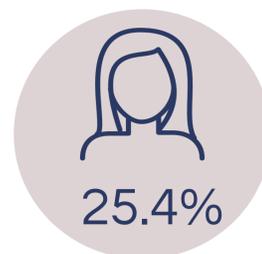
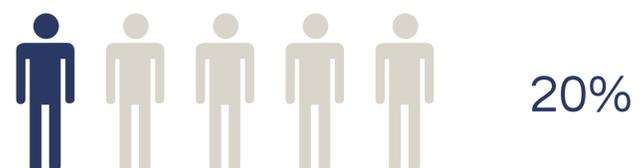
HIGH SCHOOL

1 in 6 high school students seriously considered attempting suicide



MIDDLE SCHOOL

1 in 5 middle school students seriously considered attempting suicide



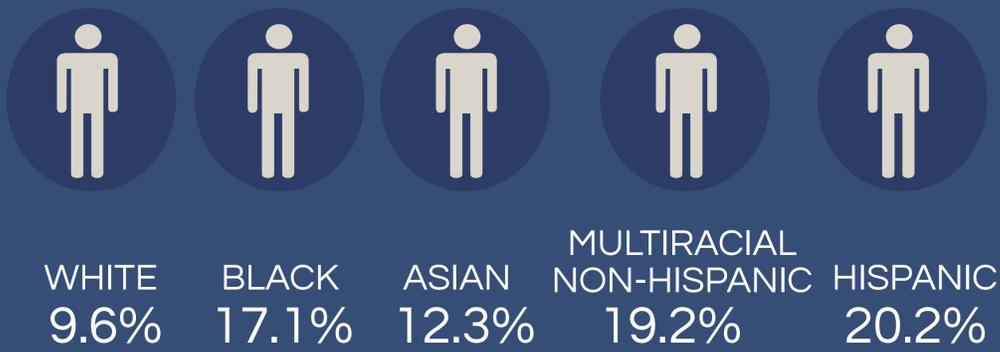
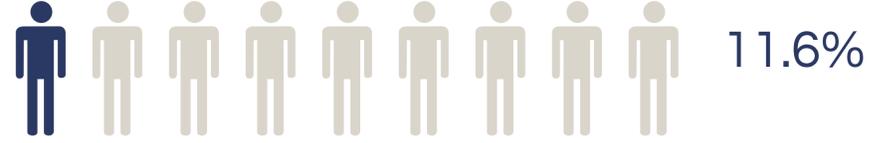
HIGH SCHOOL

1 in 7 high school students made a plan about how they would attempt suicide



MIDDLE SCHOOL

1 in 9 middle school students made a plan about how they would attempt suicide



Attempted suicide



Suicide is **PREVENTABLE!**

Things You Can Do:



Talk with your pediatrician.



Get a referral to a mental health specialist.



Talk with your school counselor.



Connect with other friends and family.

If you or someone you know are in crisis, contact the Grassroots Crisis Intervention 24-Hour Hotline



- Talk: 410.531.6677
- Visit: www.grassrootscrisis.org



Data Sources:
Maryland Vital Statistics Administration
2016 Maryland Youth Risk Behavior Survey
Centers for Disease Control and Prevention

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October 2018