



What to do if a young person needs help:

- Talk to the youth, and, ask them what is going on
- Offer hope
- Know the available resources
- Call a crisis center, 911, or take the youth to your local emergency department
- Encourage the teen to contact a supportive service like those listed below, this will provide a professional to talk with them while waiting for emergency services
- Do NOT leave the child/teen alone

Ask for Help:



**Maine Crisis
Hotline:**
(888) 568-1112



**National Crisis
Text Line:**
741741



Drive:
**To your local
Emergency Dept.**



(800) 640-1211 • (207) 973-6100
268 Stillwater Avenue • PO Box 422
Bangor, Maine 04402-0422
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Acadia Hospital

EMHS MEMBER

CARES

Child-Adolescent Resource
and Educational Series

— Youth Suicide Prevention —

Acadia Hospital CARES is a video project dedicated to educating the community about several important topics relevant to youth mental health. The aim of the series is to provide information about prevention and resources, to start conversations with the broader adult community, especially parents and educators, about how to address symptoms they may see and talk with youth directly about their mental health needs.





Things to consider if a young person you know is in need of help...

If a child or adolescent you know is struggling and has come to you for help, you can take steps to assist them achieving a healthy, happy outcome and lifestyle. Below are some important facts about suicide that can help you determine if they need a higher level of help.

Scope of the Problem:

In Maine, suicide is the 2nd leading cause of death in those aged 15-24.

15% of high school students and **17%** of middle school students have seriously considered suicide.

An average of **270** Maine youth, ages 10-24, are discharged from hospitals due to self-inflicted injuries.

24% of LGBTQ high school students report attempting suicide in the past 12 months compared to **7%** of heterosexual youth.



Warning Signs:

Threats to hurt or kill oneself, hopelessness, increased substance use, dramatic mood changes, withdrawing or saying goodbye to loved ones, sudden calm after a battle with depression, and sudden change in academic or social behaviors.

Common Myths & Misconceptions:

- The concept that talking about suicide encourages people to do it
- Only people with mental disorders are suicidal
- Most suicides happen without warning
- People who talk about suicide are simply seeking attention, nothing more

Risk Factors:

Risk factors include (but are not limited to) previous suicide attempts, mood disorders, access to lethal means (gun, knife, prescription drugs), substance use, and bullying.

Protective Factors:

Protective factors can include frequent contact with caregivers, access to mental health services, connectedness to individuals, family, community/social institutions, and healthy coping skill development.