

Youth Suicide Prevention

According to the Maryland Vital Statistics Administration, between 2003 and 2020, 35% of suicides among Marylanders under the age of 25 were by firearm. Suicide rates have been rising for decades, particularly among youth. Suicide is complex but often preventable. Along with safely storing firearms, knowing the warning signs can save a life.

DID YOU KNOW?

In the US, the firearm suicide rate among persons aged ≥ 10 years increased 8.3% from 2020 to 2021.

CDC Notes from the Field (2022)

In 2020, suicide was the 2nd leading cause of death for ages 10-14, and the 3rd leading cause of death for ages 15-24.

National Institute of Mental Health (2023)

In Maryland, from 2017 to 2021, firearms were used in 29% of suicides among youth ages 10-19.

Centers for Disease Control and Prevention (2023)

Since 2014, there has been a steady increase in the rate of Maryland students reporting feeling hopeless or sad.

Youth Risk Behavior Survey (2014-2022)

WARNING SIGNS OF SUICIDE

Talking About

- Wanting to die or to kill oneself
- Researching ways to kill oneself
- Feeling hopeless or having no reason to live
- Feeling trapped or in unbearable pain
- Feeling like a burden to others

Behavior Change

- Increasing the use of alcohol or drugs
- Losing interest in activities
- Acting anxious or agitated
- Behaving recklessly and irrationally
- Sleeping too little or too much
- Withdrawing or isolating from others
- Mood swings, including showing rage or talking about seeking revenge
- Sharp drop in academic performance
- Giving away possessions
- Deleting social media accounts



VOLUNTARY FIREARM STORAGE

If someone is feeling suicidal, has recently attempted suicide, or is experiencing a crisis, **remove firearms until the situation improves**. Consider storing firearms at a temporary, voluntary external safe storage site.

For more information, visit mdpgv.org/safestoragemap.



YOUTH MENTAL HEALTH RESOURCES

If you or a young person you know is feeling suicidal, has recently attempted suicide, or is experiencing a crisis, **reach out for help**.

For more resources, visit the **Office of Suicide Prevention's Youth Resource Page**.



If you are ever in a conversation about suicide with a young person, **remember your ABCDEs**.

- A** Ask Directly about Suicide
- B** Be an Active Listener
- C** Continue to Keep Them Safe
- D** Discuss Options and Connect to Help
- E** Encourage, Support and Follow Up

MENTAL HEALTH OR SUBSTANCE USE CRISIS?

CALL OR TEXT 988



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