Teen Suicide, Recognition, Prevention

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Finding Answers Through Methylation, Genetics and Integrative Medicine

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www.methylationsupport.com
Why This Subject?...

• Generally, we do shows concerning chronic health problems, chronic diseases, etc.

• Recently, in our neighborhood in southeastern Pennsylvania there have been several teen suicides, some very close to us or members of our family or staff. We got to see firsthand the pain of those left behind.

• So Shawn and I decided to do a informational show on teen suicide.

• We do not claim to be experts in the area but would like to give information that may be helpful to parents and friends on how to recognize a teenager in distress and the possible courses of action you can take.

• Also, Facebook is coming out with a method of helping someone who posts information that concerns a friend or loved one that they may be in distress.
Recent Famous Suicides

Mindy McCready

Jeret "Speedy" Peterson

Robin Williams
Acknowledgements

• I Never Thought this Would Happen!
• How to Help Your Teen Deal with Suicide Grief: A handout for parents
  • Terri Erbacher, PhD

• Facebook knows suicide prevention is crucial, and they're doing something about it!
Finding answers through genetics and integrative medicine

Every 16 minutes someone in the U.S. dies by suicide.

Every 17 minutes someone is left to make sense of it.
Why Suicide?

• We don’t know for sure because when youth die by suicide, they take the answers with them.

• But, we do know that many are experiencing a number of stressors and many have a mental disorder, like depression, which is often undiagnosed, untreated, or both.

• **We also know that most teens do not want to die, they just want their emotional pain to end.**

• Help your teen see this and see that there are other ways to deal with this emotional pain, such as by getting help when needed.
Bullying, Depression, Despair, Helplessness, Hopelessness...some treatable causes

13.8% of teens have seriously considered attempting suicide.

Do something: Stop Student Suicide, we can all change the story.
Has your child lost a friend or loved one to suicide?

- Not only is your child grieving the loss of someone close to him/her, but this grief is intensified because the death was a suicide.

- The healing process may be painful and may seem unnaturally slow as suicide grief is extremely complex.

- Helping your child understand his or her emotions, as well as learning something about suicide in general, may help to ease some of his/her pain.
**Left to Make Sense of It 😞**

What your child may experience when a friend/loved one completes a suicide

- **Emotional Effects**
  - Shock & Disbelief
  - Anger & Irritability
  - Depression/Sadness
  - Despair or Helplessness
  - Terror/Fear
  - Guilt or Self-Blame
  - Anxiousness or Worry
  - Loss of pleasure in activities
  - Confusion

- **Physical Effects**
  - Fatigue
  - Insomnia or Disturbed Sleep
  - Stomach/Headaches
  - Decreased Appetite
  - Hyperarousal or Easily Startled

- **Cognitive Effects**
  - Difficulty Concentrating
  - Trouble Making Decisions
  - Trouble Remembering
  - Impaired Self-Esteem
  - Intrusive Thoughts or Memories
  - Crying Easily
  - Change in Daily Patterns
  - Nightmares
  - Regression in Behavior

- **Social/Behavioral Effects**
  - Social Withdrawal or Isolation
  - Increased Relationship Conflict
  - Refusal to go to School or Activities
  - Risk Taking Behaviors (substance use)
  - Aggression or Oppositional Behavior

While the above are common symptoms, help your child understand that **there is no RIGHT way to grieve**. It is an individualized process and your child must grieve at his or her own pace. This is especially true for complex suicide grief, which leaves many questions unanswered.
Things you can do…

• Be available and ask if your child wants to talk, **but realize a teen may not come to you.**
• *Listen to your child without judgment* and let your teen tell his/her own story freely
• Share your own feelings and concerns honestly
• It is okay to tell your teen that you don’t know answers to some difficult questions.
• Try to re-establish routine, with appropriate expectations, as soon as possible.
• Encourage your child to continue engaging in their typical activities, sports, etc.
• Try not to take anger or irritability personally as it may be directed toward parents
• Let your teen have his/her personal space
• Be careful not to glamorize, thereby positively reinforcing, suicide as an option
• Emphasize the importance of seeking help when needed
• Be aware of depression and/or suicidal ideation in your child (see warning signs)
• Accompany your child to funeral or viewings if they would like to go
Remember that the NUMBER ONE protective factor in the life of a child is a caring adult who listens to a child without judgment.

This is most often a parent!
Suicidal Warning Signs

- A previous suicide attempt
- Current talk of suicide or making a plan
- Strong wish to die or a preoccupation with death
- Signs of depression, such as moodiness, hopelessness, withdrawal
- Increased alcohol and/or drug use
- Hinting at not being around in the future or saying good-bye
- Readily accessible firearms
- Impulsiveness and taking extreme or unnecessary risks
- Lack of connection to family and friends (no one to talk to)
- Giving away possessions
Suicidal EMERGENCIES!!

• It may be an emergency if your child expresses any of these:
  • Intense feeling of being a burden
  • Intense feeling of not belonging
  • Intense feelings of hopelessness; that things will not get better
  • Intense thoughts of lethal self-harm
  • Describing a specific plan
  • Seeking means of self-harm
If you see the warning signs…

- **These warning signs are especially noteworthy in light of a recent suicide death or other loss of someone close to your child.**
- If your child mentions suicide, take it seriously.
- *If there seems to be a suicidal emergency, do not leave your child alone.*
- **Get help immediately:**
  - Take them to a local crisis center
  - Call 911
Starting on Wednesday, Facebook is rolling out a new feature for suicide prevention. The social media site is partnering with Now Matters Now, the National Suicide Prevention Lifeline, Save.org and Forefront: Innovations in Suicide Prevention, a nonprofit operating out of the University of Washington's School of Social Work, to give users more options when they see a friend post something that is concerning. It works on both desktop and mobile.

If a Facebook friend posts something that you feel indicates he or she could be thinking about self harm, you'll be able to click the little arrow at the top right of the post and click "Report Post." There, you'll be given the options to contact the friend who made the post, contact another friend for support or contact a suicide helpline, the University of Washington reported on Wednesday.

After that, Facebook will look at the post. If Facebook feels like the post indicates distress, it will contact the person who posted it.

Go to http://svn.tn/60110ak1
What We Can Do For You

• Usually at this point I let you know what we at the Center for Bio-Individualized Medicine can do for you.

• Not this time….When the crisis comes, you need information and help….fast.

• What follows are lists of national and international resources
Help

• **National Suicide Prevention Lifeline**
  - [http://www.suicidepreventionlifeline.org/](http://www.suicidepreventionlifeline.org/)
  - No matter what problems you are dealing with, we want to help you find a reason to keep living. By calling 1-800-273-TALK (8255) you’ll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.

• **Now Matters Now!**
  - [http://www.nowmattersnow.org/](http://www.nowmattersnow.org/)
  - Have you had suicidal thoughts?
  - Problems that felt unsolvable?
  - You are in excellent company – we’ve been there.
  - Here we offer strategies to survive and build more manageable and meaningful lives.
    - Now Matters Now hacks suffering
Help via Text and Phone

USA

- **RAINN Online Hotline** (sexual assault, global access)
- **IM Alive** (IM)
- **Scarleteen** (sex ed, global access, IM or text ASKST to 66746)
- **Veteran's Live Chat** (global access for American vets)
- **Teen Line Online** (Message Board or text TEEN to 839863, also 1-800-TLC-TEEN FREE)
- **866Teenlink** (IM, also 1-866-TEENLINK FREE)
- **TrevorChat** (LGBTQ, IM or text Trevor to 1-202-304-1200, also 1-866-4-U-TREVOR FREE)
- **Your Life, Your Voice** (youth, IM or text VOICE to 20121, also 1-800-448-3000 FREE)

- **Crisis Text Line** (teens, 24/7, text START to 741741)
- **Lifeline Crisis Chat** (IM, also 1-800-273-TALK FREE)
- **GLBT National Help Center Online PEER Support Chat** (LGBTQ, IM, also 1-888-843-4564 FREE)
- **MHASF PEER Support Warmline Online Chat** (IM, also 1-855-845-7414 FREE)
- **Care Crisis Chat** (IM)
- **Common Ground** (IM)
- **CrisisChat** (IM)
- **121Help.Me** (adult, text '121HELP' to 20121)
USA, UK, Canada, AUS, NZ, Everywhere

• [http://www.nowmattersnow.org/help-line](http://www.nowmattersnow.org/help-line)

• [http://unsuicide.wikispaces.com/Online+Suicide+Help#.VPN9ZOE9Zv0](http://unsuicide.wikispaces.com/Online+Suicide+Help#.VPN9ZOE9Zv0)

• International Association for Suicide Prevention
  ❖ [http://iasp.info/resources/Crisis_Centres/](http://iasp.info/resources/Crisis_Centres/)
Our Hope

• If this podcast lessens the pain of even one person, in any way, shape or form….it was time well spent.
• Be well and know that there are those who care ♥

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