

# SUICIDE AWARENESS: WAKE COUNTY

## FACTS

FACT: Your child talking about suicide can be a plea for help or a warning they are thinking about suicide.

FACT: Asking your child direct questions like "Are you thinking about suicide?" or "Do you want to hurt yourself?" will minimize anxiety and shame and can act as a deterrent to suicide attempts.

FACT: Most suicides do not happen without warning. It is more likely the warning signs were not recognized.

FACT: No child is immune to the risk of suicide.

## WARNING SIGNS

- Verbal/written threats of suicide
- Extreme mood swings
- Anxious/agitated/aggressive behavior
- Expressed feelings of hopelessness
- Previous suicide attempts
- Changes in eating and sleeping
- Sudden drop in school performance
- Increased use of drugs or alcohol
- Self-Injury
- Giving away possessions
- Preoccupation with death
- Talking about being a burden to others
- Withdrawing or isolating themselves

## RISK FACTORS

- History of mental illness ex. depression/anxiety
- Alcohol/substance use disorders
- Impulsive and/or aggressive tendencies
- History of trauma and/or abuse
- Major physical illnesses
- Previous suicide attempts
- Someone they know died by suicide
- Loss of relationship(s)
- Access to lethal means (guns & pills)
- Local clusters of suicides
- Lack of social support

## TAKE ACTION

If you have any reason to believe your child is in **IMMEDIATE** danger call 911

1. Ask if they are ok or if they are having thoughts of suicide
2. Express your concern about what you are observing in their behavior
3. Listen attentively and non-judgmentally, avoid being accusatory
4. Reflect on what they share and let them know they have been heard
5. Tell them they are not alone & do not leave them alone
6. Let them know there are treatments available that can help
7. Guide them to professional help

## SAFETY TIPS

1. Use technology to your benefit (ex: phone locator app)
2. Give your child time away from social media by keeping child's cell phone/tablet overnight
3. Take threats seriously
4. Talk to your child/have family time
5. Set limits & expectations for your child
6. Get your child drug tested if you suspect
7. Search their room and possessions if you suspect drug use
8. Be their parent, not their friend
9. Maintain communication with the school

## STATISTICS

- Suicide is the 2nd leading cause of death (ages 10-14)
- In NC, on average, one person dies by suicide every 6 hours
- Access to a gun increases the risk of death by suicide by three times

# SUICIDE PREVENTION RESOURCES

## Wake County Public School System

- 1 START THE CONVERSATION
- 2 ASK ABOUT SUICIDE
- 3 LISTEN
- 4 GET HELP

### EMERGENCY SERVICES/ Assessments & Behavioral Health Urgent Care

Any local Hospital Emergency Room  
(Wake Med, Rex, Duke Raleigh, UNC)

Holly Hill Hospital Children's Campus  
201 Michael J. Smith Lane  
Raleigh, NC 27610  
(919) 250-7000, option 4 for children's hospital

Monarch Walk-In Clinic  
319 Chapanoke Rd, Suite 120  
Raleigh, NC 27603  
(919) 703-2845

Hope Center (Kids Peace) Walk-In Clinic  
400 W. Ransom Street  
Fuquay-Varina, NC 27526  
(877) 888-7849

Carolina Outreach Walk-In Clinic  
2670 Durham-Chapel Hill Blvd.  
Durham, NC 27707  
(919) 251-9009

### CRISIS HOTLINES

988 Suicide & Crisis Hot line  
Call 988 or Text 988

Crisis Text Line  
text "START" to  
741-741

Direct Line for  
Alliance Crisis  
Response  
1-877-223-4617

Trevor Project for  
LGBTQ Youth  
24/7 Life Line  
1-866-488-7386

### Mobile Crisis Services

Kids Peace, Mobile Outreach  
Response Engagement &  
Stabilization (MORES)  
(484) 215-6756

Mobile Crisis, Therapeutic  
Alternative  
1-877-223-4617

### HELPFUL WEBSITES

988 Suicide & Crisis Hotline  
[www.988lifeline.org](http://www.988lifeline.org)  
American Association of Suicidology  
[www.suicidology.org](http://www.suicidology.org)  
American Foundation for  
Suicide Prevention  
[www.afsp.org](http://www.afsp.org)  
Suicide Awareness Voices of  
Education  
[www.save.org](http://www.save.org)