



# SUICIDE

## A PREVENTABLE PUBLIC HEALTH PROBLEM

Suicide is the second leading cause of death for youths ages 10 to 24, with approximately 4,700 young people dying by suicide annually in the U.S. Suicide is preventable. Armed with knowledge and empathy, you'll know what to look for and how to help someone who may be suicidal.

### KNOW THE SIGNS

Keep an eye out for **"IS PATH WARM"**

**I**deation of suicide  
**S**ubstance abuse  
**P**urposelessness  
**A**nger  
**T**rapped  
**H**opelessness  
**W**ithdrawal  
**A**nxiety  
**R**ecklessness  
**M**ood change

### KNOW SOME OF THE RISK FACTORS

- Family history of suicide
- History of mental disorders (depression, substance abuse)
- Feelings of hopelessness
- Cultural or religious beliefs
- Physical illness or injury
- Family history of child maltreatment
- Impulsive or aggressive tendencies
- Isolation
- Local epidemics of suicide
- Loss (relational, social, work, financial)
- Barriers to accessing mental health
- Unwillingness to seek help because of stigma attached to mental health



### WHAT TO DO?

If you think someone is suicidal, ask them about **"TIPA"**

Are you having **THOUGHTS** of harming yourself?

Do you **INTEND** to harm yourself?

What is your **PLAN** to harm yourself?

Do you have **ACCESS** to things to harm yourself?

### IF THEY ANSWER "YES" TO THESE QUESTIONS OR THEY ARE EXHIBITING WARNING SIGNS OF SUICIDE:

- Don't leave them alone
- Remove any firearms, alcohol, drugs and sharp objects
- Call the U.S. National Suicide Prevention Lifeline, **800-273-TALK (8255)**
- Take them to an emergency room or seek help from a medical or mental health professional

Source: National Athletic Trainers' Association, The Jed Foundation, American Association of Suicidology, American Foundation for Suicide Prevention, National Federation of High School Sports, Mental Health America

Infographic provided by the National Athletic Trainers' Association