Suicide is the third leading cause of death among adolescents and youth.

- Homicides: 24%
- Traffic fatalities: 20%
- Suicides: 7%

12,000 young persons aged 15 to 24 die each year due to suicide.

3 out of 4 are males. Males carry out more suicides, but females make more suicide attempts.

Previous suicide attempts
Family history of suicide or attempts
Depression/ anxiety
Stressful life events
Loss of interest
Isolation
Irritability
Feeling trapped or like a burden to others
Increased use of substances
Chronic health conditions

Suicide is preventable.

Implement national strategies for suicide prevention:

- Follow up on and support young people who have attempted suicide
- Raise awareness among young people, parents, teachers, and health workers
- Identify & treat mental health conditions and substance use
- Provide suicide prevention training for health and education professionals
- Restrict access to the most common means of suicide
- Target specific interventions for at-risk groups, such as Indigenous and LGBT youth
- Promote responsible sharing of suicide information in media and on social networks
- Improve registration and analysis of suicides

Parents, teachers, health workers, youth:

Recognize warning signs & seek help

References:
bit.ly/2dmZlyv
#YouthHealth
www.paho.org

Pan American Health Organization
World Health Organization Americas