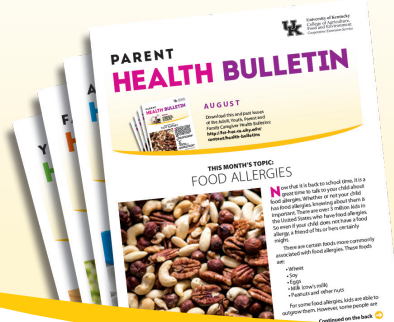




University of Kentucky
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PARENT

HEALTH BULLETIN

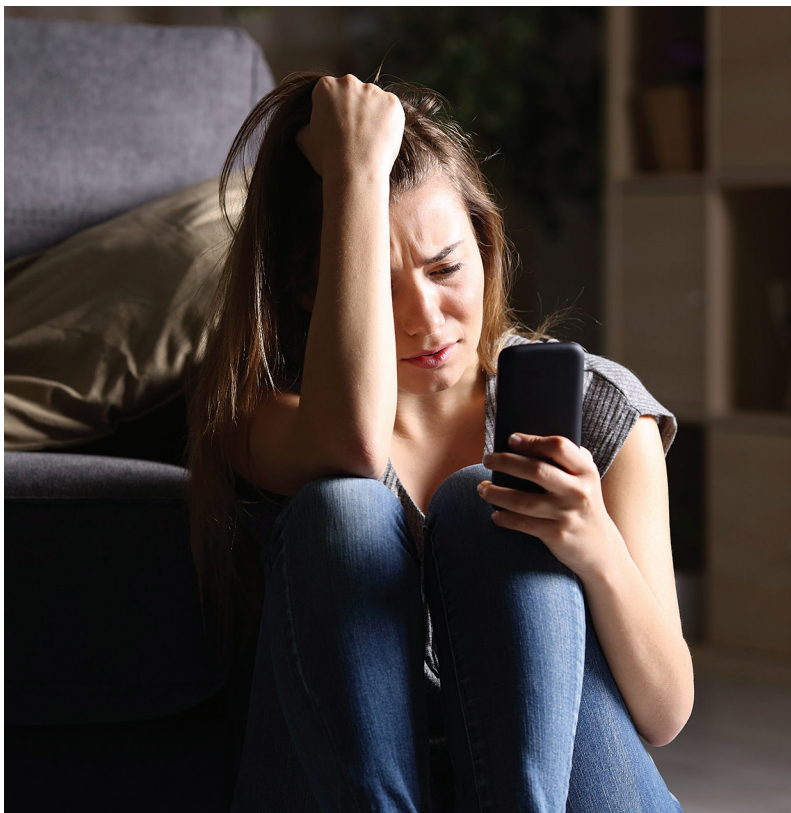


SEPTEMBER 2022

Download this and past issues
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Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
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THIS MONTH'S TOPIC:

SUICIDE PREVENTION



National Suicide Prevention Week is Sept. 5-11. The rate of teen suicide has increased over the last decade. Suicide is the second leading cause of death for adolescents and young adults in the United States.

A new research study found that adolescents who experienced cyberbullying had an increased risk of suicidal thoughts or attempts, than those experiencing in-person bullying. Cyberbullying — bullying that happens online — has been on the rise in this age range. Increased use of the internet during the COVID-19 pandemic has further boosted this trend.

At a time when adolescents are spending more time online than ever before, it is important for parents or caregivers to be aware of this risk factor and be able to screen for suicide risk factors.

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Disabilities
accommodated
with prior notification.

People can call or text 988 or chat through 988lifeline.org for themselves or a loved one who may need crisis support.

➔ Continued from page 1

Suicide warning signs: The more warning signs, the greater the risk of suicide

- Talking about wanting to die
- Looking for ways to kill oneself
- Talking about feeling hopeless or having no purpose
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Abusing alcohol or drugs
- Acting anxious, agitated, or reckless
- Having trouble sleeping
- Withdrawing or feeling isolated
- Having extreme mood swings
- Giving away belongings, including treasured objects

Safety plan: Three things you can do to keep your child safe

Start a conversation. If you are concerned about a young adult who may be thinking about suicide, talk to them. A conversation can just start with “are you OK?” You could also ask, “Is there something that feels like it’s too big of a problem?” You do not need special training to have an open, authentic conversation about mental health. Often, just talking about it can be the first important step in understanding and helping them get support or treatment if needed. Here are some helpful phrases to say:

- “I’m so glad you’re telling me about how much has been going on and how you’re feeling. Thank you for sharing this with me.”
- “I love you no matter what, and we’re going to get through this together.”
- “Does it ever get so tough that you think about ending your life?”
- “What do you need to do to feel safe?”
- “I hear you that you’re struggling, and I think it would really be helpful for you to talk to someone who can help you get through this.”

Get your child help from a health professional.

One thing any family can do to help protect a



child thinking of suicide is to talk with a health-care provider about putting together a safety plan. A safety plan is a document the child and trusted adults create together. It includes coping strategies and contact information for people who have agreed to help in times of crisis. A safety plan also includes commitments from the family to keep the child’s environment safe, such as limiting access to medications and firearms.

Use the National Suicide Prevention Lifeline.

People can call or text 988 or chat through 988lifeline.org for themselves or if they are worried about a loved one who may need crisis support. 988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress.

SOURCES:

- Association of Cyberbullying Experiences and Perpetration With Suicidality in Early Adolescence. Arnon S., Brunstein Klomek A., Visoki E., Moore T. M., Argabright S. T., DiDomenico G. E., Benton T. D., Barzilay R. JAMA Netw Open. 2022 Jun 1;5(6):e2218746. doi: 10.1001/jamanetworkopen.2022.18746. PMID: 35759263.
- <https://afsp.org/national-suicide-prevention-week>

ADULT
HEALTH BULLETIN

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