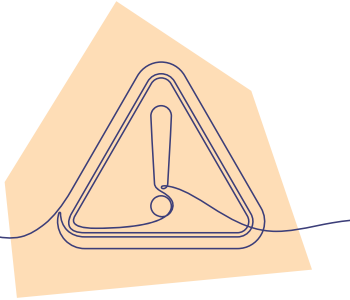


Suicide prevention

Notice the signs
Ask questions
Seek out support

Risk factors



Youth suicide risk factors include a wide range of variables, many of which are outside of a youth's control. The most prevalent risk factors are:

- Mental and behavioral health conditions
- Previous suicide attempt
- Family history of depression or suicide
- Family factors such as violence at home
- Academic stress, bullying or disciplinary problems at school
- Physical or sexual abuse
- LGBTQ youth that have unsupportive home and school environments

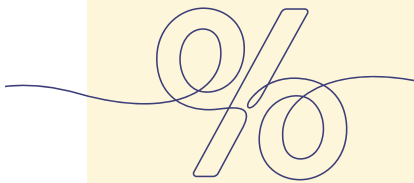
Protective factors



Protective factors can decrease the likelihood that a young person will experience suicidal ideation and behaviors. Protective factors include:

- Good problem solving and conflict management skills
- Cultural or religious beliefs that discourage suicide and that support self preservation
- Strong, stable relationships (friends, family and/or a trusted adult)
- Access to mental health resources and support (psychotherapy, group therapy, peer support group and/or medication, if needed)

Statistics



According to the most recent Youth Risk Behavior Surveillance System survey (2021) of Florida high school students:

- 39% of youth felt sad for two or more weeks in a row
- 18% of youth seriously considered completing a suicide
- 14% of youth made a suicide plan
- 9% of youth attempted suicide

In crisis?

Call #988 • 24/7 Helpline 904.202.7900 • Text LIFE to 741741