What’s Trending? Youth Self-harm and Suicide

Suicide is the **SECOND** leading cause of death among ages 10-25.

Firearms or suffocation are used in 90% of suicide deaths.

Boys and young men die by suicide at higher rates, across every race and age.

Girls and young women attempt suicide more often, using less lethal methods.

Historic gap in suicide fatality between genders is narrowing.

**Self-harm is strongly linked to suicide**

1.6 MILLION SUICIDE ATTEMPTS BY SELF-POISONING, 2000 - 2008

Self-harm by poisoning is a leading form of suicide attempts among young people.

<table>
<thead>
<tr>
<th>Substances used</th>
<th>across all ages</th>
<th>age differences</th>
<th>gender</th>
<th>race</th>
<th>region</th>
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</thead>
<tbody>
<tr>
<td>OTC painkillers</td>
<td>10-15yrs: ADHD meds</td>
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<td>anti-depressants</td>
<td>16-25yrs: sedatives</td>
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Who is at risk?

| Native American/Alaskan |
| Midwest and West |

| girls, young women |
| LGBTQ youth |
| white |
| rural |

Substances used across all ages:

- OTC painkillers
- anti-depressants
- anti-histamines

Age differences:

- 10-15yrs: ADHD meds
- 16-25yrs: sedatives

Gender:

- girls, young women
- LGBTQ youth

Race:

- Native American/Alaskan
- white

Region:

- Midwest and West
- rural

**What communities can do**

Create conditions that promote safety, strength, and resilience

- Mental Health First Aid trainings
- Patient Health Questionnaire (PHQ-9)
- Adverse Childhood Experiences (ACEs)
- SBIRT
- Help identify individuals at risk through primary care screenings:
  - Mental Health First Aid trainings
  - Patient Health Questionnaire (PHQ-9)
  - Adverse Childhood Experiences (ACEs)
  - SBIRT
  - Help establish links:
    - mental health
    - substance misuse services
    - mental health
    - emergency departments

Reduce access to firearms and medications

Reduce stigma around suicidal behavior, mental health and substance use disorders

Improve access to culturally appropriate mental health services

Questions? Email: training@cadca.org

Disclaimer: CADCA’s “What’s Trending?” infographic series is solely intended as an informational resource for prevention practitioners and coalition members to become aware of the latest trends within the field. All data and statistics are properly sourced and cited.