

# SUICIDE PREVENTION



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# Statistics ands Facts

- ▣ 1 in 5 teens at least think about suicide
- ▣ In 2008 there were 36,036 suicide deaths
- ▣ The 3<sup>rd</sup> leading cause of death among 15-29 year olds is suicide
- ▣ Female teens are more likely to commit suicide than male teens

# Statistics and Facts Cont.

- ▣ This is the 10<sup>th</sup> leading cause of death in the US
- ▣ A person commits suicide every 15 minutes (approximately 99 a day)
- ▣ 4 male for every 1 female suicide but 3 times as many females attempt
- ▣ Over 60% of all people die by suicide if depressed
- ▣ 500,000 teens try to kill themselves a year

# Our goal

- ▣ To get the Suzanne Gonzales prevention act aware of and passed!



# Who is Suzanne Gonzales?

- ▣ Suzy Gonzales was a 19 year old when she went to college. She was very unique in her own way and always had a smile on her face. She was a very smart student who earned herself a full ride scholarship as a national Hispanic scholar to Florida State University. While attending the university, Suzy became depressed.



# Suzy's Story Continued

- ▣ While in her increasing depression she turned to suicide groups online instead of talking to her family and getting help.
- ▣ It was March 23, 2003 when the online group had finally encouraged Suzy to kill herself.
- ▣ Posing as a jeweler, Suzy obtained cyanide from a chemical manufacturer and mixed it with tap water.



# Suicide effects not just 1 person, but everyone around them.

- ▣ When a teen has committed suicide, the media can be the catalyst that turns on tragic suicide into a tabloid spectacle and sets a chain reaction of copycat suicides.
- ▣ This especially affects people who are on the verge.



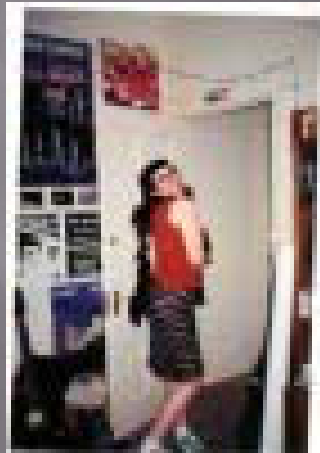
# Suzanne Gonzales Suicide Prevention Act

- ▣ H.R. 1183
- ▣ On March 17, 2011, Congressman Wally Herger of California's 2nd District introduced a bill to the United States House of Representatives.
- ▣ This will make it a crime to support suicide through the Internet.
- ▣ Right now, using the Internet to encourage a suicidal person to go through with suicide is legal. It's the freedom of speech.



# Life is Not Something to be Played With

- ▣ Persuading someone to commit suicide is parallel to the act of murder itself.
- ▣ It is necessary for our government to criminalize it and seek justice for those who partake in encouragement.





# How This Effects Our Town

- ▣ In Wheaton, 2008, a two-hour police standoff resulted in a suicide in the Danada East subdivision.
- ▣ On Oct. 2009, two buses full of students passed a grim scene of a suicide in a Carol Stream Park.
- ▣ It is not just in our town, but everyone's. Nobody wants anything more to happen.

# What Can We Do to Prevent Suicide??

- ▣ Link to [Suicide.org](https://www.suicide.org) from any website that you may have so people who are suicidal can get the help that they need immediately. You do not need my permission to link to [Suicide.org](https://www.suicide.org) - just do it.
- ▣ Be on the alert for anyone who exhibits signs of depression or warning signs for suicide. And if you see any of those signs, please do all that you can to try to get help for the person.

# Prevention Continued

- ▣ Talk about suicide in a non-judgmental way, and remove the stigma from the word. Many people never talk about suicide, yet it should be talked about frequently. Bring the topic out in the open.
- ▣ **YOU WILL MAKE A DIFFERENCE.**

# Signs of Depression/Suicide

- ▣ Depression is a serious problem that impacts every aspect of a teen's life. If left unnoticed, depression can lead to problems at home, school, self-loathing, and even the horrible tragedy of suicide.
- ▣ SIGNS:
  - 1) Sadness or hopelessness
  - 2) Irritability, anger, hostility
  - 3) Tearfulness or frequent crying
  - 4) Withdrawal from friends and family



# Signs Continued

- 5) Loss in interest of activities
- 6) Feeling of worthlessness and guilt
- 7) Lack of enthusiasm and motivation
- 8) Fatigue/Lack of energy
- 9) Thoughts of death or suicide





# Help Us Help Others

- ▣ Help support Suzy's Law by becoming an active member at [www.suzyslaw.com](http://www.suzyslaw.com)



# Bibliography

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- ▣ <http://www.teendepression.org/related/teen-suicide-statistics/>