







Causes of Depression

- Biological: too little or too much of a brain chemical
- Cognitive: negative thinking or low self-esteem
- Gender: women experience clinical depression 2x as men
- Co-Occurrence: more likely to occur with other illnesses (cancer, Parkinson's, etc.)
- Medications: side effects
- Genetics

Treatments

- Antidepressant medication
- Psychotherapy
 - 80% of people who seek treatment see/feel improvements
 - treatment is dependent on
 - pattern
 - severity
 - persistence of symptoms
 - history of illness

Suicide...the act of intentionally taking one's own life

- 2nd leading cause of death in 15-19 year olds
- Each year 15% of all teens in this age group will consider suicide
 - more than 1/2 of those will make an attempt

Suicide Risk Factors

Two Risk Factors Are Most Common:

1. More than 90% are suffering from depression or another mental disorder
2. Have a history of abusing alcohol or other drugs

Sometimes, both risk factors are present

Warning signs

- Recent loss and inability to let go of grief
- Changes in personality:
 - sadness
 - withdrawal, alienation, isolations
 - irritability/anger (most common in teens)
 - anxiety
- Expression of self-hatred
- Changes in sleep patterns, eating habits, self-care
- Changes in behavior (inability to concentrate, loss of interest in activities)
- Direct and/or indirect statements about death by suicide

More Warning Signs

- "Coming Out" LGBTQ+
- Final preparations
 - will
 - letters
 - giving away objects
- Obsession with the theme of DEATH
- Excessive risk taking
- Drug and alcohol abuse
- Maladaptive coping mechanism

Suicide Prevention
What to do if someone threatens or displays warning signs

- Monitor
- Take threats seriously
- Listen
- Let person know you care
- Don't belittle
- Urge person to seek help
- Tell a trusted adult

But Wait...

- Not all warning signs are displayed in every person considering suicide
- No single sign indicates suicide
- Other things to consider:
 - individual personality and perception
 - environmental factors
 - personal and family history

Protective Factors
(Protective factors are personal or environmental characteristics that help protect people from suicide)

- Connectedness to individuals (family, friends, community)
- Self-esteem, sense of purpose in life
- Life skills:
 - Coping skills
 - Problem solving skills
 - Ability to adapt to change
 - Resiliency

Myths and Facts

Myth: people who talk about dying by suicide rarely die by suicide
Fact: 9 out of 10 people who die by suicide usually give warning signs or tell someone

Myth: Talking about suicide with a person puts the idea in their head
Fact: Talking about it helps them get rid of the idea

Myths and Facts

Myth: Once a person is suicidal, he or she will always be suicidal
Fact: Most people are only suicidal for a brief period of time as long as they receive the proper treatment and support

Myth: Suicide strikes more among the poor
Fact: Suicide crosses all socioeconomic groups and no class is more susceptible than another
