

Danger Signs of Suicide

Previous suicide attempts

The verbalizing of suicide threats

The giving away of prized personal possessions

The collection and discussion of information on suicide methods

The expression of hopelessness, helplessness, and anger at oneself or the world

Themes of death or depression evident in conversation, written expressions, reading selections, or artwork

Statements or suggestions that the speaker would not be missed if he or she were gone

The scratching or marking of the body, or other self-destructive acts

Recent loss of a friend or a family member (or even a pet) through death or suicide; or other losses (for example, loss of a parent resulting from divorce)

Acute personality changes, unusual withdrawal, aggressiveness, or moodiness, or new involvement in high-risk activities

Sudden dramatic decline or improvement in academic performance, chronic truancy or tardiness, or running away

Physical symptoms such as eating disturbances, sleeplessness or excessive sleeping, chronic headaches or stomachaches, menstrual irregularities, apathetic appearance

Use or increased use of substances



Help in Saskatoon

Saskatoon Crisis Intervention Services 933-6200

After Suicide Support Saskatoon 249-5666

Crisis Line (ACC) 1-800-358-1833

The Avenue Community Centre 665-1224

Help in Regina

Survivors of Suicide (Regina) 306-545-1207

Mobile Crisis Services (Regina) 306-757-0127

Help in Prince Albert

PA Mobile Crisis Unit Cooperative 306-764-1011

ACC Prince Albert 306-922-2228

Other Help Lines

West Central Crisis & Family Support (Kindersley)
306-463-4357

North East Crisis Intervention Centre (Melfort)
306-752-9455

North Battleford Crisis Line 1-866-567-0055

South West Crisis Services, LTD. (Swift Current)
306-778-3833

Web Sites

<http://www.suicideinfo.ca/>

<http://www.healthyplace.com/Communities/gender/gayisok/suicide>

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Preventing LGBT Youth Suicide:



Warning Signs to Watch For...

Risk Factors of Gay Teens...

Myths and Facts About Suicide...

Where to Go for Help...



Suicide among gay, lesbian, bisexual, transgender, queer and questioning teenagers has always been a large issue within the community. With so much pressure to fit in and be a certain way, being a teenager is tough enough without knowing that you are different. There is alternatives to suicide, this is a preventable situation, and there is much that can be done to stop suicide from occurring within the lesbian, gay, bisexual and transgender (LGBT) youth community.

Risk Factors of LGBT Teens

It has been only in the last decade that there has been recognition that gay, lesbian, bisexual, and transgender youth (generally defined as ages 15-24) are at an increased risk of suicide compared to other youth.

Some studies indicate that the rate of attempted suicide for transgender youth is higher than 50%. It is also estimated that gay, lesbian, and bisexual youth comprise 30% of completed suicides, with transgender youth also having a high incidence of completed suicides.

Gay youth are 2 to 3 times more likely to attempt suicide than other young people. These statistics show that LGBT youth tend to be at a much higher risk of suicide than other youth. Lack of understanding, tolerance, acceptance and inclusivity can create issues of depression, anxiety and self-loathing. LGBT teens have a higher tendency towards issues of depression as well, which directly contributes to the risk factors of suicide.

There are also many Myths about suicide out there which are incorrect. It is important to recognize the difference between Myth and Fact, listed below are some Myths and Facts about suicide.

Suicide Myths and Facts

Myth: People who talk about killing themselves rarely commit suicide.

Fact: Most people who commit suicide have given some verbal clues or warning of their intention.

Myth: The tendency toward suicide is inherited and passed from generation to generation.

Fact: Although suicidal behavior does tend to run in families, it does not appear to be transmitted genetically.

Myth: The suicidal person wants to die and feels that there is no turning back.

Fact: **Suicidal people are usually ambivalent about dying** and frequently will seek help immediately after attempting to harm themselves.

Myth: All suicidal people are deeply depressed.

Fact: Although depression is often closely associated with suicidal feelings, not all people who kill themselves are obviously depressed. In fact some suicidal people appear to be happier than they've been in years because they have decided to "resolve" all of their problems by killing themselves. Also, people who are extremely depressed usually do not have the energy to kill themselves.

Myth: There is no correlation between alcoholism and suicide.

Fact: Alcoholism and suicide often go hand in hand. Alcoholics are prodded to suicidal behavior and even people who don't normally drink will often ingest alcohol shortly before killing themselves.

Myth: Suicidal people are mentally ill.

Fact: Although many suicidal people are depressed and distraught, most could not be diagnosed as mentally ill.

Myth: Once someone attempts suicide, that person will always entertain thoughts of suicide.

Fact: **Most people who are suicidal are so for only a very brief period once in their lives.** If the person receives the proper support and assistance, he/she will probably never be suicidal again. Only about 10 percent of the people who attempt suicide, later kill themselves.

Myth: If you ask someone about their suicidal

intentions, you will only encourage them to kill themselves.

Fact: Actually the opposite is true. Asking someone directly about their suicidal intentions will often lower their anxiety level and act as a deterrent to suicidal behavior by encouraging the expression of pent-up emotions through a frank discussion of their problems.

Myth: Suicide is quite common among the lower class.

Fact: Suicide crosses all socioeconomic distinctions and no one class is more prone to it than another.

Myth: Suicidal people rarely seek medical attention.

Fact: Research has consistently shown that about 75 percent of suicidal people will visit a physician within the month before they kill themselves.

Once you can separate Fact from Myth, you can take a closer look at what it means to be suicidal and who is at risk.



Watching for danger signs can save a life, and never forget to talk about suicide. Remember, it does not encourage, it brings thoughts out into the open.