

MENTAL HEALTH AND SUICIDE PREVENTION

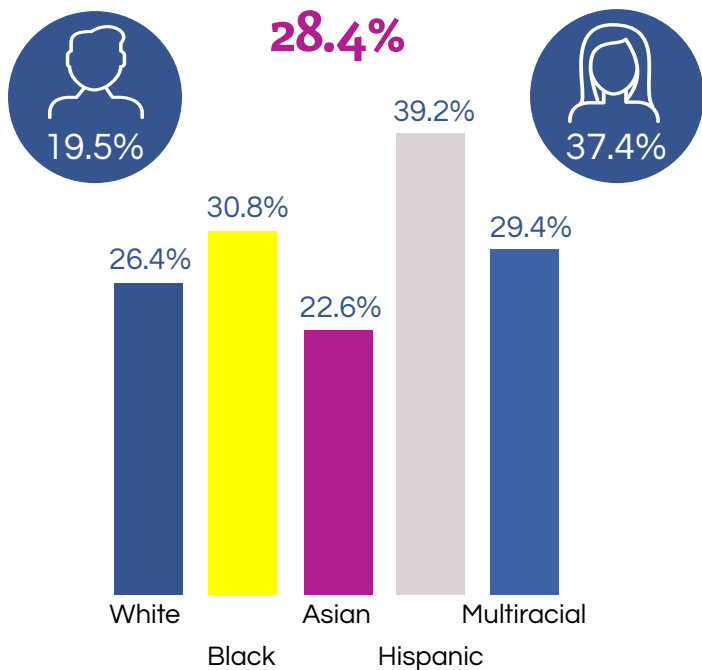
Howard County High Schools



FACT: Suicide was the leading cause of death for youth ages 15-19 in Howard County between 2014-2018.

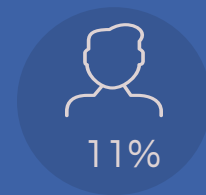
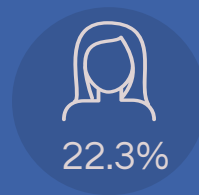
Source: Maryland Vital Statistics Administration

Hopelessness Percent of high school students who felt sad or hopeless for 2 weeks or more



Considered Attempting Suicide

1 in 6 high school students seriously considered attempting suicide



According to national data, **40% of LGBTQ respondents** seriously considered attempting suicide in the past twelve months, with more than half of transgender and nonbinary youth having seriously considered suicide

Source: [The Trevor Project National Survey](#)

What Can We Do?

STRENGTHEN PROTECTIVE FACTORS

Protective factors are individual or environmental characteristics, conditions, or behaviors that reduce the effects of stressful life events. These factors increase an individual's ability to thrive in all aspects of life.



4 in 5 Howard County high school students would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life. Seeking help is a protective factor.





Suicide is **PREVENTABLE!**

How You Can Get Help:



Talk with your pediatrician



Consult with a mental health professional



Talk with your school counselor



Connect with friends, family or a trusted adult

www.howardcountymd.gov/gethelp

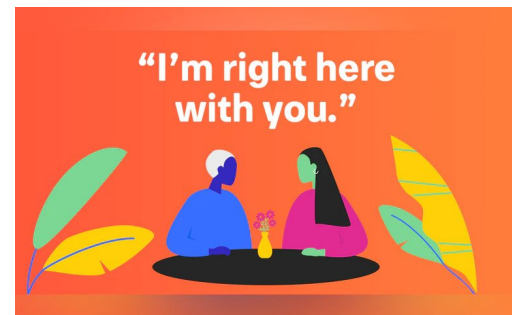
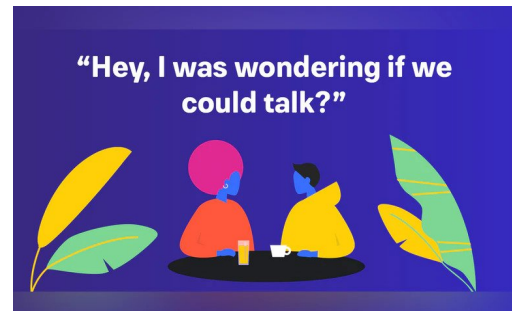
www.teenhealthmatters.org

<https://www.hcpss.org/supports/mental-health-wellness/>

Tips for Starting a Conversation About Suicide:

- Don't be afraid to ask if someone is having suicidal thoughts - asking about suicide will not put the thought in their head
- Ask open-ended questions instead of yes/no questions
- Check back in, and offer to connect them to help if they need it
- Don't pass judgement or offer advice - just listen

Source: [American Foundation for Suicide Prevention](http://www.afsp.org)



If you or someone you know are in crisis, contact the Grassroots Crisis Intervention 24-Hour Hotline

- Talk: 410-531-6677
- Visit: www.grassrootscrisis.org



Text: HOME to 741-741 (Crisis Text Line)

Data Sources:
 - Maryland Vital Statistics Administration
 - 2018 Maryland Youth Risk Behavior Survey (the most recent student self-reported data available)
 - The Trevor Project National Survey

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September 2020