

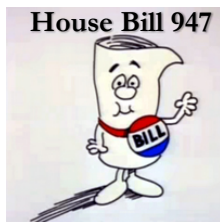


## September is National Suicide Prevention Awareness Month

**There is one death by suicide in the United States every 12 minutes. It is estimated that there is one suicide for every 25 attempts.**

*~Center for Disease Control*

### Local Mom Turns Grief Into Action to Help Prevent Youth Suicide



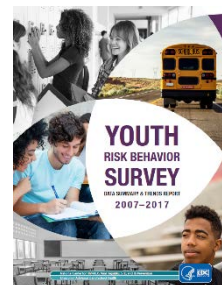
Suicide is the second leading cause of death for youth ages 10 to 24 in the state of Maryland with contributing factors such as academic stress and the influence of social media. This Maryland mother, Linda Diaz, whose daughter died by suicide; has become a fierce advocate for suicide prevention efforts. She was successful at creating “Lauryn’s Law” which requires specific training for school counselors to help them identify students who are at risk of harming themselves and promoting increased awareness regarding the impact of cyberbullying.

<http://www.wbaltv.com/article/mom-turns-grief-into-action-to-help-others-prevent-youth-suicide/22090663>

### Recent Youth Risk Behavior Survey (YRBS) Results

The Centers for Disease Control and Prevention conducts a periodic assessment of high school youth to gather information on four key focus areas: Sexual Behavior, High-Risk Substance Use, Violence/Victimization, and Mental Health/Suicide. Pages 47 to 56 of this report focuses on the data specific to suicidal thoughts and self-harm. The data shows that more students are experiencing persistent feelings of sadness. The percentage of students who had seriously considered attempting suicide in the past year increased significantly from 2007 through 2017. Click on the link below if you are interested in accessing the entire report.

<https://www.cdc.gov/healthyyouth/data/yrbs/pdf/trendsreport.pdf>



PREVENTION • TREATMENT • RECOVERY



**Before it's too late.**

**NEED HELP?  
CALL 211, PRESS 1**

### Feeling Suicidal?

If you think you are in immediate danger of harming yourself or someone else, please call 9-1-1. Depression and suicidal thoughts can be debilitating. 2-1-1 agents are trained to work with you to find the help you need to get through these hard times. Dial 2-1-1, press 1 to talk with someone now.