September is Suicide Prevention month. Suicide prevention is important to address year-round, however, Suicide Prevention Awareness Month provides a dedicated time for us to become informed about suicide risk and protective factors. Throughout September, the Indiana Department of Education (IDOE) will provide a variety of resources, statistics, and activities to support awareness across our state. As your school district participates in activities, please use the hashtags #SuicidePrevention, #StigmaFree, or #Bethere. Search these hashtags to follow others across the country participating in awareness activities. Follow IDOE on Twitter and Facebook for additional resources.
29.3 percent of high school students reported feeling sad or hopeless almost every day for two weeks or more in a row resulting in changes in behavior during the past 12 months.

9.9 percent of Indiana high school students reported they attempted suicide in the previous 12 months.

19.8 percent of Hoosiers in grades 9–12 seriously considered attempting suicide during the past 12 months.

Among students who attempted suicide during the 12 months before the survey, 34.2 percent sought help from someone before their suicide attempt. This included doctors, counselors, or hotlines.

Source: Indiana State Health Department Suicide Report (March 2017)
Middle School Kindness Challenge:
Join the Kindness Challenge

IDOE Resources:

LBGTQ Youth Resources:
http://www.indianayouthgroup.org/thrive

Out of the Darkness Indianapolis Walk
Walk Date: September 15, 2018
Walk Location: White River State Park Celebration Plaza Indianapolis, IN
Start Time: 2:30 p.m.
End Time: 5:00 p.m.
Suicide Prevention Risk Factors

Risk Factors For Suicide

Research has found that more than half of people (54%) who died by suicide did not have a known mental health condition. A number of other things may put a person at risk of suicide, including:

- A family history of suicide.
- Substance abuse. Drugs and alcohol can result in mental highs and lows that exacerbate suicidal thoughts.
- Intoxication. More than one in three people who die from suicide are found to be currently under the influence.
- Access to firearms.
- A serious or chronic medical illness.
- Gender. Although more women than men attempt suicide, men are four times more likely to die by suicide.
- A history of trauma or abuse.
- Prolonged stress.
- Isolation.
- Age. People under age 24 or above age 65 are at a higher risk for suicide.
- A recent tragedy or loss.
- Agitation and sleep deprivation.

Percentage of High School Students with Suicidal Ideation or Attempted Suicide, Indiana vs. United States: 2015

Source: Youth Risk Behavior Survey
Suicide Prevention Risk Reducers

Risk Reducers according to the Trevor Project:

- Easy access to effective, culturally competent care
- Support from medical and mental health care professionals
- Coping, problem solving, and conflict resolution skills
- Restricted access to highly lethal means of suicide (e.g. firearms)
- Strong connections to family members
- Connectedness to safe schools
- Academic, artistic, and athletic achievements
- Nonviolent problem solving and conflict resolution
- Family acceptance for their sexual orientation and/or gender identity
- A feeling of safety, support, and connectivity at school through peer groups
- Positive connections with friends who share similar interests
- Cultural and religious beliefs that discourage suicide
- Positive role models and self-esteem

Six Myths on Suicide Every Educator Should Know!
## Suicide Prevention Next Steps

### Local Resources

- [https://lookupdev.wpengine.com/schools/](https://lookupdev.wpengine.com/schools/)

### IN Suicide Prevention Coalition


### American Foundation for Suicide Prevention

- [https://afsp.org/](https://afsp.org/)

### National Alliance on Mental Illness

- [http://www.namiindiana.org/](http://www.namiindiana.org/)

### Additional Resources


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**New IDOE Comprehensive Suicide Resource Guide**

**Indiana Department of Education**