

# Suicide

## BAPC FAST FACTS

Beech Acres Parenting Center  
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If you are currently in crisis please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

According to the National Institute of Mental Health, suicide is among one of the leading causes of death in the United States. And it is on the rise. Suicide is the 10th leading cause of death resulting in around 40,000 deaths per year. Suicide is the 3rd leading cause of death among people ages 10-14 and second among those 15-34 years old. **Fortunately, you are not alone. There are resources to help those in crisis.**

Suicide risk can be reduced if you know what signs to look for. **Early intervention can be the key to prevent someone from dying by suicide.** It may not always be obvious when someone is in pain. Watch for sudden or unexplained mood changes. Reckless behavior, anger, and withdrawal from social circles are other warning signs. More obvious signs to watch for include talking about suicide or expressing a desire

to die, severe anxiety, and giving away important possessions. If you suspect someone is hurting, offer to help or if you cannot help yourself, connect them with appropriate resources.

There is evidence that simple interventions can sometimes be effective in preventing suicide. **Knowing the right words to say, and knowing when to say them can make a huge difference.** Offer reassurance and *kindness*. "I understand how you are feeling. Can you recall a moment when you were happy? Maybe you can feel that way again." While it is critical to never put yourself in harm's way, removing dangerous items including weapons, drugs, and alcohol is important. If you know a loved one has a plan to harm themselves it is important to intervene and let them know there is hope.

If your child is suffering, let them know **they are not alone.** Understanding and building your child's strengths can develop resilience in them that reduces the chance of them considering suicide. Focus on *perspective* to help them understand the issues they are facing. Use *hope* to redirect their feelings to more positive thoughts. Be aware and watch for warning signs. Have resources available in case of a crisis.

At Beech Acres Parenting Center we believe the best way to help children is through their parents. You have the strengths you need to raise capable, caring, contributing children and we're here to help. To learn more about addressing mental health issues or other parenting concerns schedule a parent coaching session today.

### Additional Resources:

<https://save.org>

<https://suicidepreventionlifeline.org>

<https://afsp.org>

Ohio Crisis Text Line  
Text "4hope" to 741741

At Beech Acres Parenting Center, we uncover the natural gifts of children by unleashing the power of parents and caregivers. As a contemporary parenting center, BAPC serves over 20,000 people annually through a wide range of services including foster care, adoption, behavioral health support, parent coaching and much more. All of our programs are founded in our Natural Strength Parenting™ framework which enables parents to unlock their own potential by building on their unique strengths. For more information, visit [www.beechacres.org](http://www.beechacres.org).

NATURAL STRENGTH PARENTING™

