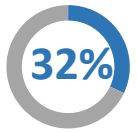


Suicidal Behaviors among Youth and Young Adults in Michigan

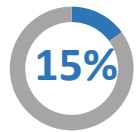
Among Michigan High School Students in 2015¹...



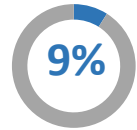
had feelings of depression



considered suicide



made a plan to attempt suicide



attempted suicide at least once



2 out of 3 who seriously considered suicide made a **plan** for suicide



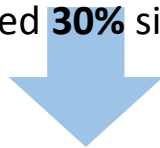
2 out of 5 who made a **plan** went on to **attempt** suicide



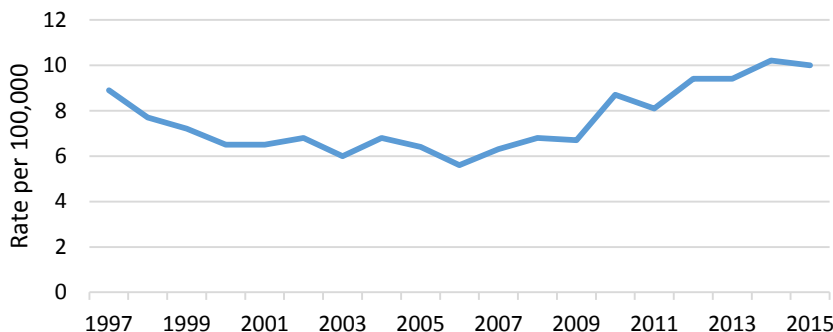
1 out of 3 who **attempted** suicide had **injuries** that had to be treated by a doctor or nurse

Risk Factors for Suicide in Michigan Youth and Young Adults

Suicidal thoughts in high school students have decreased **30%** since 1997¹



However, suicides in MI youth/young adults have increased more than **50%** over the past 10 years²



- Youth who were bullied online were **4 x** more likely to consider suicide¹
- LGBTQ youth were **4 x** more likely to consider suicide than heterosexual youth¹
- Youth that experienced physical or sexual dating violence were **5 x** more likely to attempt suicide¹
- Youth that were injured in a physical fight and had to be treated by a doctor or nurse were **5 x** more likely to attempt suicide¹

Questions?

Contact the Michigan Department of Health and Human Services Injury & Violence Prevention Unit

[Youth Suicide Prevention Program Website](#)

517-335-9518

19% of youth/young adults ages 10-24 who died by suicide in 2015 disclosed thoughts or plans to do so within the last month³

62% of those who tested positive for substances at death had alcohol or marijuana in their system³

28% were known to have left a suicide note³

The most common circumstances that contributed to suicide include³:

1. Mental health problem
2. Intimate partner problem
3. Recent argument
4. Family relationship problem
5. Substance use problem



Suicide is preventable and there is always hope

Know the warning signs for those at risk of suicide:

- Feelings of hopelessness
- Threatening to or talking about wanting to hurt oneself/death
- Loss of interest in activities
- Withdrawal from friends and family
- Change in eating and sleeping habits
- Drug and alcohol use
- Persistent boredom, difficulty concentrating, or decline in quality of schoolwork
- Looking for access to firearms, pills, and other lethal methods

Data Sources:

1. Michigan Youth Risk Behavior Survey (YRBS), 2015
2. Michigan Department of Health and Human Services, Division for Vital Records & Health Statistics, Resident Death Certificates, 1997-2015
3. Michigan Violent Death Reporting System (MiVDRS), 2015

YRBS data is from a representative sample of Michigan high school students and MiVDRS data includes all suicide deaths in Michigan

Resources

Call the National Suicide Prevention Lifeline at:

1-800-273-TALK



Stop the Silence. Help End the Violence.

OK2SAY is a safety program that allows Michigan students and school employees to confidentially report tips to prevent potential harm or criminal activities, which can save lives.

More information can be found at:

[OK2SAY Website](#)