



**"Student Voices: Teen Suicide"**

SV07 – Aired 9/7/06-10/11/06 on Comcast Channel 8

Thursdays, 7:30 p.m.

Sundays, 11:30 a.m.

## **Facts on Teen Suicide**

Thoughts about suicide can affect anyone, anywhere, at any time in life – not just those who may currently suffer from a mental illness. Teens can be especially at risk.

- One in every eight teens experiences major depressive episodes that go untreated.
- One in every five teens has thoughts of suicide.
- Nearly 6,000 teenagers commit suicide each year.
- Suicide is the second leading cause of death among those aged 15-24.
- The ratio of male to female suicides is four to one; however, young women attempt suicide four times more frequently.
- Reports of suicide clusters, in which one suicide triggers several others within a school or community, have increased.

### **Suicide In Colorado**

- Every year, Colorado records roughly 800 suicide deaths and an estimated 9,600 suicide attempts.
- Often those who contemplate suicide may also suffer from depression, other forms of mental illness and substance abuse.
- At least half of those at risk for suicide are not seeking any type of professional services for the problem. This is particularly true for young people.
- The Rocky Mountain region has the highest suicide rate in the country.
- In 2002, the suicide death rate in Colorado was more than 16 people per 100,000, making it the 8th highest in the country and considerably higher than the national average.

- An estimated 9,600 Coloradans seriously contemplate suicide each year and approximately one-half to two-thirds of these individuals are not being treated for their suicidal symptoms.

### **What are the Signs that Someone is Considering Suicide?**

- Giving away prized possessions
- Feelings of hopelessness or rejection
- Depression, in the form of loss of appetite, weight loss, change in sleeping habits, or change in personality
- Low self-esteem
- Withdraws from regular activities with family or Friends Hospital
- Slipping in school performance
- Talk of suicide, death, or earlier attempts at suicide
- Abuse of alcohol or drugs

### **What Can You Do?**

- If someone you know brings up the subject of suicide, take them seriously.
- Reassure them that they have someone to turn to, a friend to help them.
- Don't lecture about the reasons a person has to live, listen to them.
- If someone tells you they are suicidal and they make you promise not to tell anyone, it is important that you tell someone else immediately. It's more important to have your friend alive, than dead. They can forgive you later.
- Contact someone for help. Depressive disorders respond well to psychotherapy treatments or the appropriate medication.

### **Places Where You Can Go for Help**

- **In a medical emergency, call 911.**
- **If you or someone you know is having suicidal thoughts, call 1-800-SUICIDE and talk to someone anonymously.**
- Call your family physician.
- Talk with a teacher, principal or any other trusted adult or call your local crisis intervention center immediately. You may be feeling hurt, tired, alone, depressed, scared, angry, hopeless, or unloved, and it may seem that things will never get better. However, no matter how overwhelming your problems seem, confidential help really is available.

## **ABOUT METROBEAT TV:**

**“Student Voices: Teen Suicide”** is a MetroBeat TV program.

MetroBeat TV is a collaborative pilot project between Comcast and 25 greater Denver Metropolitan Area communities. It was designed to explore new potential uses of cable television technologies that would meet both the unique needs of local communities beyond the current television models, and increase the value of community programming to citizens at a regional level.

MetroBeat TV is a series of five dynamic 30-minute programs that highlight local and regional people, places and happenings, based on what viewers say they want to see – topics and people featured on MetroBeat TV programs come largely from ideas that viewers submit on the project’s [www.metrobeat.tv](http://www.metrobeat.tv) Web site.

The MetroBeat TV lineup airs simultaneously on Comcast Channel 8 in the Metro Denver region every Thursday from 7:30-10 p.m. and Sunday from 11:30 a.m.-2 p.m. New shows debut each month. (Days and times for MetroBeat TV programs may vary in some communities – check local listings.)

Viewers can also watch the programs anytime with Comcast’s On Demand service for digital subscribers. Encore episodes of previously aired MetroBeat programs also are shown on CET Channel 5.

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*Information gathered in August 2006. Courtesy of the Colorado Department of Public Health and Environment/Office of Suicide Prevention, Centers for Disease Control and Prevention, Brown University, and the American Psychiatric Association.*