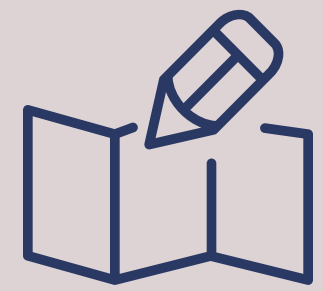


# SUICIDE PREVENTION

## Howard County Youth

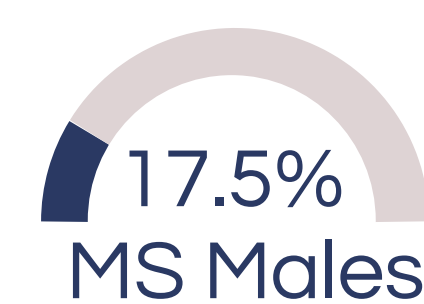
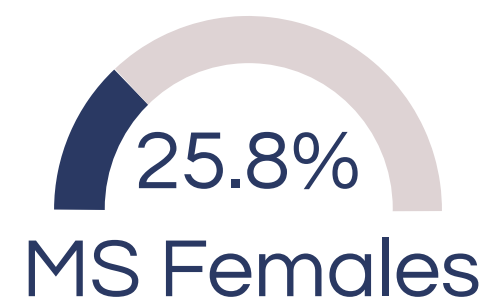
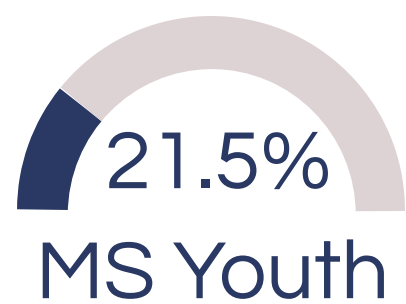
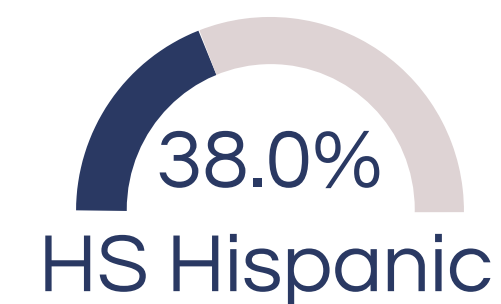
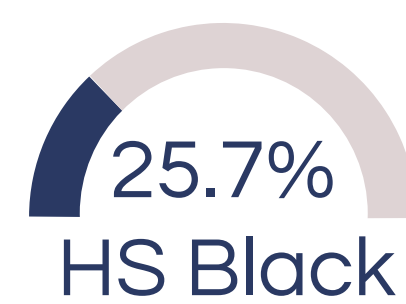
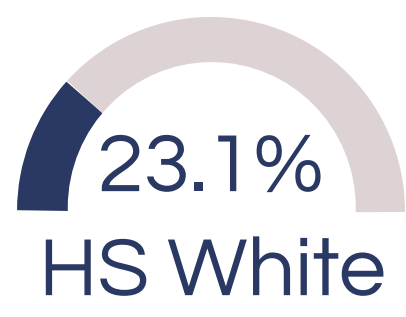
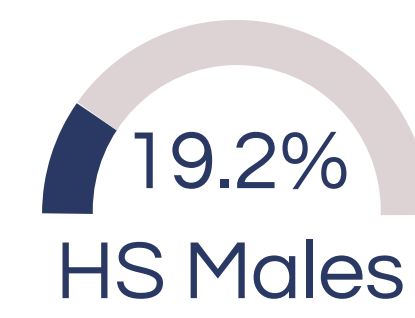
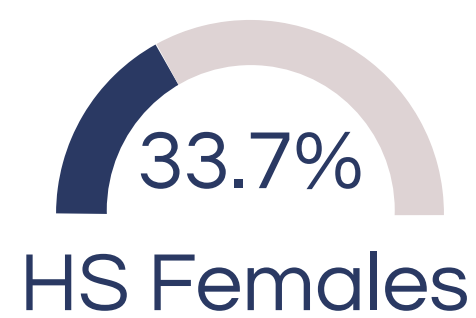
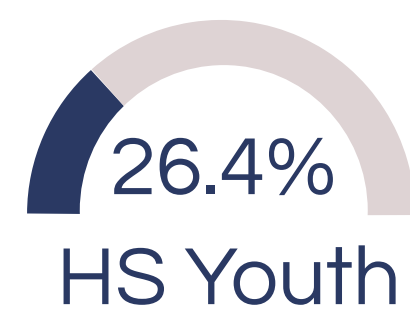


**FACT: Suicide was the leading cause of death for youth ages 15-19 in Howard County between 2014-2016.**  
Suicide is a serious public health problem.

### Hopelessness

**1 in 4** high school students experienced sad or hopeless feelings

Percent of students who felt sad or hopeless for 2 weeks or more



HS = High School  
MS = Middle School



### THOUGHTS OF SUICIDE OR SELF-HARM

The number of young children and adolescents admitted to hospitals for thoughts of suicide or self-harm **more than doubled** from 2008 to 2015.

*(Gregory Plemmons, Trends in Suicidality and Serious Self-Harm for Children 5-17 Years at 32 U.S. Children's Hospitals, 2008-2015)*

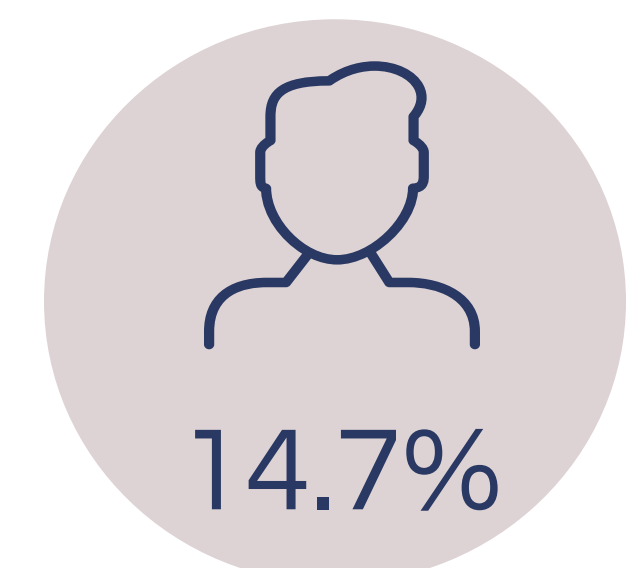
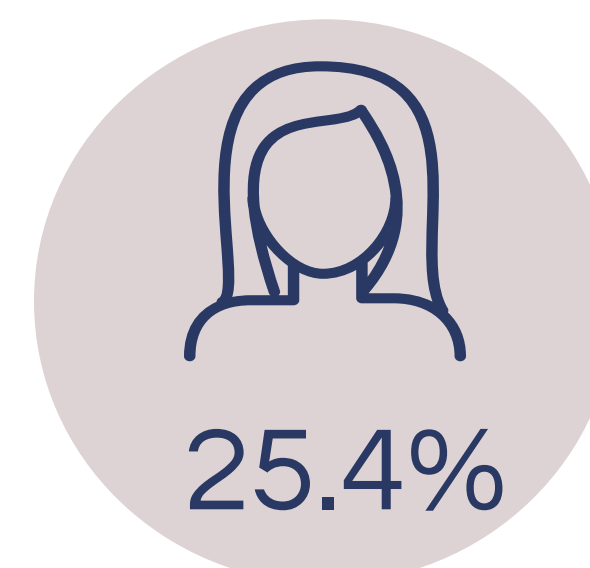
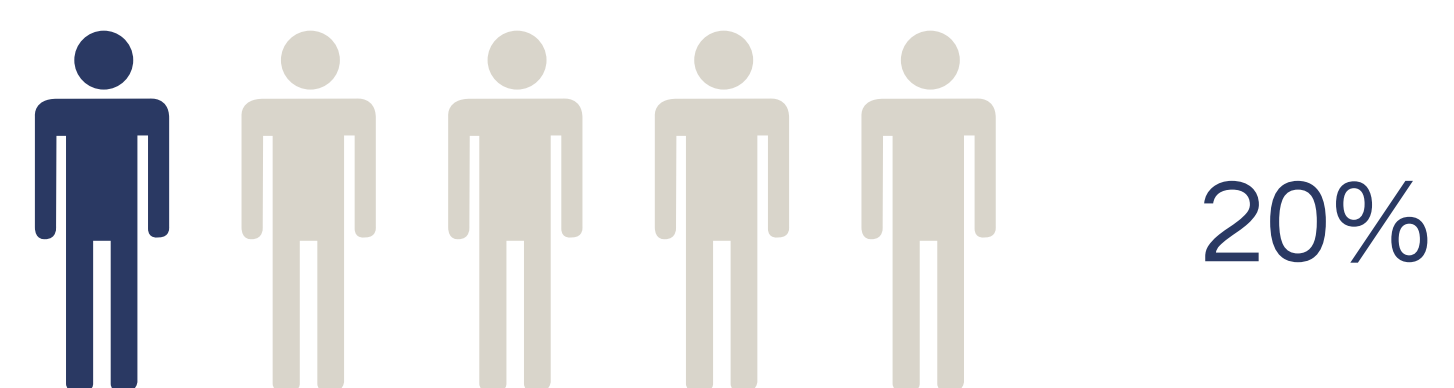
#### HIGH SCHOOL

1 in 6 high school students seriously considered attempting suicide



#### MIDDLE SCHOOL

1 in 5 middle school students seriously considered attempting suicide



## HIGH SCHOOL

1 in 7 high school students made a plan about how they would attempt suicide



## MIDDLE SCHOOL

1 in 9 middle school students made a plan about how they would attempt suicide



WHITE  
9.6%



BLACK  
17.1%



HISPANIC  
20.2%

Attempted suicide



## Suicide is **PREVENTABLE!**

Things You Can Do:



Talk with your pediatrician.



Get a referral to a mental health specialist.



Talk with your school guidance counselor.



Connect with other friends and family.

If you or someone you know are in crisis, contact the Grassroots Crisis Intervention 24-Hour Hotline



- Talk: 410.531.6677
- Visit: [www.grassrootscrisis.org](http://www.grassrootscrisis.org)



Data Sources:  
Maryland Vital Statistics Administration  
2016 Maryland Youth Risk Behavior Survey  
Centers for Disease Control and Prevention

8930 Stanford Boulevard  
Columbia, MD 21045  
410-313-6300  
[hchealth.org](http://hchealth.org)

September 2018