

# Suicide: A Self-Destructive Behavior - A Young Adult's Guide to the Science of Hope

Suicide is a serious problem among young adults. According to the Centers for Disease Control and Prevention (CDC), suicide is the second leading cause of death for people aged 15 to 24 in the United States. In 2020, there were over 6,500 suicides in this age group.

Suicide is a complex issue with many contributing factors. Some of the risk factors for suicide include mental illness, substance abuse, and trauma. However, it is important to remember that suicide is not inevitable. There is hope for prevention.



## Suicide & Self-Destructive Behaviors (Young Adult's Guide to the Science of He) by Joan Esherick

★ ★ ★ ★ ☆ 4.6 out of 5

Language : English  
File size : 12550 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 145 pages  
Screen Reader : Supported



This book provides a comprehensive overview of the science of suicide. It covers the risk factors, warning signs, and prevention strategies. This book is intended for young adults who are struggling with suicidal thoughts or

who have lost a loved one to suicide. It is also a valuable resource for parents, educators, and other adults who work with young people.

## **Chapter 1: Risk Factors for Suicide**

The first chapter of this book discusses the risk factors for suicide. These risk factors include:

\* **Mental illness:** People with mental illness are at an increased risk for suicide. This is especially true for people with depression, bipolar disorder, and schizophrenia. \* **Substance abuse:** People who abuse drugs and alcohol are also at an increased risk for suicide. This is because drugs and alcohol can impair judgment and increase impulsive behavior. \* **Trauma:** People who have experienced trauma are also at an increased risk for suicide. This is because trauma can lead to feelings of hopelessness and worthlessness.

It is important to note that not everyone who has one or more of these risk factors will attempt suicide. However, these risk factors do increase the likelihood of suicide.

## **Chapter 2: Warning Signs of Suicide**

The second chapter of this book discusses the warning signs of suicide. These warning signs include:

\* **Talking about suicide:** If someone is talking about suicide, it is important to take them seriously. This is especially true if they are also exhibiting other warning signs. \* **Giving away belongings:** If someone is giving away their belongings, it may be a sign that they are planning to end their life. \* **Withdrawing from social activities:** If someone is withdrawing from social

activities, it may be a sign that they are feeling hopeless and isolated. \*

Changes in mood or behavior: If someone is experiencing sudden changes in mood or behavior, it may be a sign that they are struggling with suicidal thoughts.

If you are concerned that someone you know may be suicidal, it is important to reach out for help. You can call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

### **Chapter 3: Prevention Strategies**

The third chapter of this book discusses prevention strategies. These strategies include:

\* Talking to someone: If you are struggling with suicidal thoughts, it is important to talk to someone who can help. This could be a friend, family member, therapist, or other trusted adult. \* Getting help for mental illness: If you are struggling with mental illness, it is important to get help. This could involve medication, therapy, or both. \* Avoiding drugs and alcohol: Drugs and alcohol can impair judgment and increase impulsive behavior. This can make it more difficult to cope with suicidal thoughts. \* Connecting with others: It is important to connect with others who can provide support. This could involve joining a support group or spending time with friends and family.

If you are concerned that someone you know may be suicidal, there are things you can do to help. These include:

\* Talking to them: Let them know that you are there for them and that you care about them. \* Listening to them: Allow them to express their feelings

without judgment. \* Encouraging them to get help: If they are struggling with suicidal thoughts, encourage them to talk to a therapist or other mental health professional.

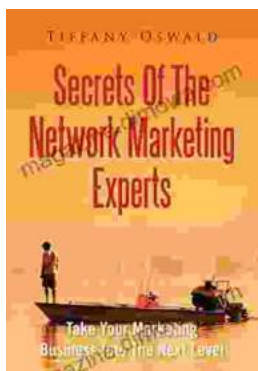
Suicide is a serious problem, but it is not inevitable. There is hope for prevention. If you are struggling with suicidal thoughts, please reach out for help. There are people who care about you and want to help you get through this difficult time.



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