

Community Mental Health Resources:

**UNI/Salt Lake County Crisis Line and
Mobile Crisis Outreach Team**

801-587-3000

(Available 24/7)

Youth Services

385-468-4470

(Available 24/7)

Valley Behavioral Health

(1)-888-949-4864

(Monday-Friday, 7:30 a.m. to 5:30 p.m.)

Family Counseling Center

801-261-3500

(9 a.m. to 5 p.m.)

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Utah Community Resource Line

211



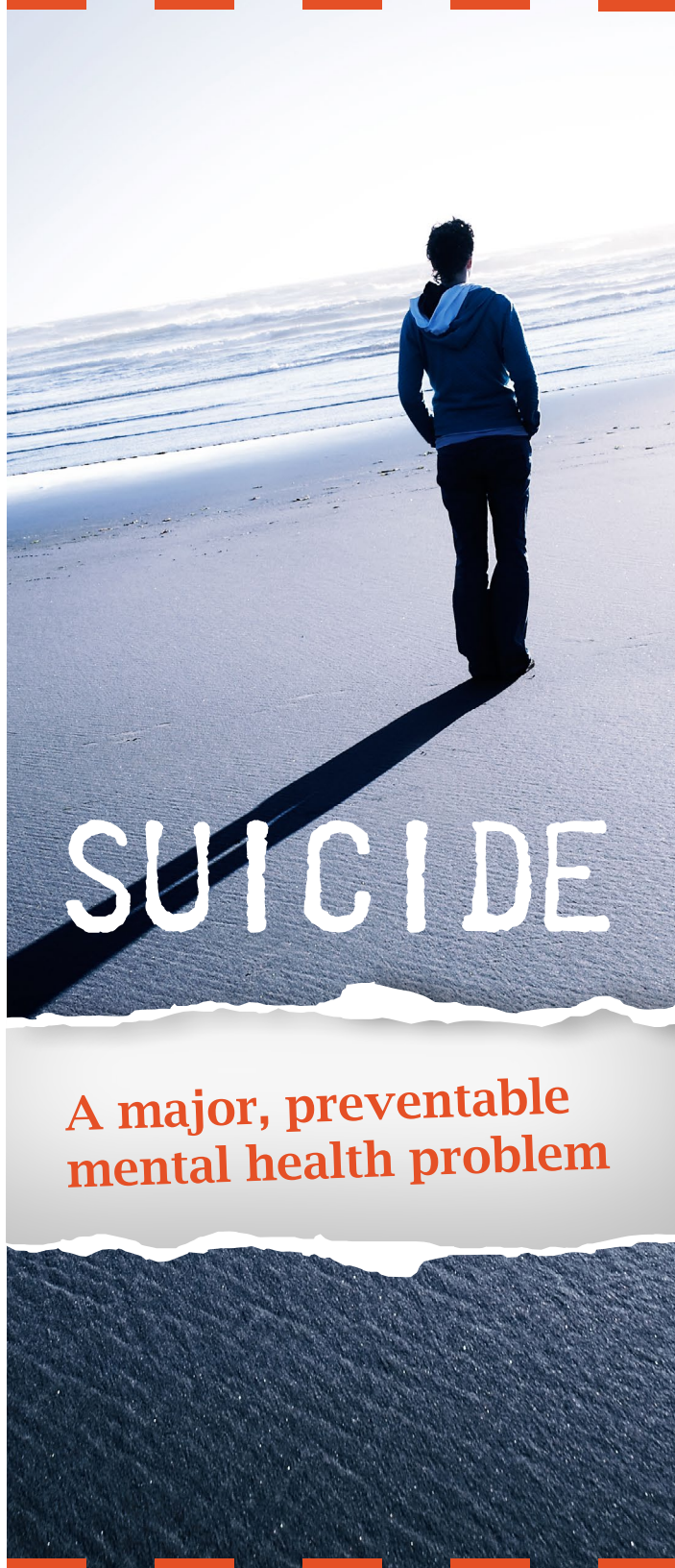
Personal Health Care Provider

School Contact:



Crisis Intervention Team

385-646-4645



**A major, preventable
mental health problem**

In 2013, suicide surpassed unintentional injuries to become the leading cause of death among youth ages 10-19 in Utah. On average, 37 youth die from suicide and 942 are injured in a suicide attempt each year.

The youth suicide rate in Utah is consistently higher than the U.S. rate, and has been increasing for nearly a decade.

Risk Factors

Risk factors vary with age, gender or ethnic group. They may occur in combination or change over time. Some important risk factors are:

- Depression and other mental disorders
- Substance abuse disorder (often in combination with other mental disorders)
- Prior suicide attempt
- Family history of suicide
- Family violence, including physical or sexual abuse
- Firearms in the home
- Incarceration
- Exposure to suicidal behavior of others, such as family members or peers.

It is important to note that many people who have these risk factors are not suicidal.

Seeking help is a sign of strength; if you are concerned, go with your instincts and get help!

Signs to Look For

The following are some of the signs you might notice in yourself or a friend that may be reason for concern.

- Talking about wanting to die or hurt oneself
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increased use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly



- Looking for a way to kill oneself, such as searching online or buying a gun
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

If you are concerned, immediate action is very important. Suicide can be prevented and most people who feel suicidal demonstrate warning signs. Recognizing some of these warning signs is the first step in helping yourself or someone you care about.