

# SUICIDE & DEPRESSION AMONG OKLAHOMA TEENS

## HOW YOU CAN HELP\*:

### IDENTIFY AND SUPPORT PEOPLE AT RISK OF SUICIDE.

- **Promote safe and supportive environments.**  
*-This includes safely storing medications and firearms to reduce access among people at risk.*
- **Offer activities** that bring people together so they feel connected and not alone.
- **Ask someone** you are worried about if they're thinking about suicide.
- **Keep them safe.** Reduce access to lethal means for those at risk.
- **Be there with them.** Listen to what they need.
- **Help them connect** with ongoing support.
- **Follow up** to see how they're doing.
- **Prevent future risk of suicide** among those who have lost a friend or loved one to suicide.

## AMONG OKLAHOMA PUBLIC HIGH SCHOOL STUDENTS:

APPROX.

57,000

FELT SAD OR  
*Hopeless*<sup>1,2</sup>

APPROX.

34,000

Considered  
ATTEMPTING SUICIDE<sup>1</sup>

APPROX.

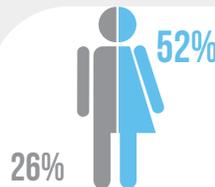
24,000

Made a Plan  
TO ATTEMPT SUICIDE<sup>1</sup>

APPROX.

17,000

Attempted Suicide<sup>1</sup>



FEMALES WERE MORE THAN  
TWICE AS LIKELY AS MALES  
TO EXPERIENCE SUICIDAL IDEATION

1. During the 12 months before the survey  
2. Almost every day for 2 or more weeks in a row that they stopped doing some usual activities

\*Centers for Disease Control and Prevention, CDC Vital Signs June 2018, accessed at url:  
<https://www.cdc.gov/vitalsigns/pdf/vs-0618-suicide-H.pdf>

## RESOURCES

### Suicide Prevention Lifeline

1-800-273-TALK (8255) [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

### Reachout Hotline

1-800-522-9054

### US Crisis Text Line

Text HELLO to 741741 [www.crisistextline.org](http://www.crisistextline.org)

### National Alliance on Mental Illness

1-800-583-1264 [www.namioklahoma.org](http://www.namioklahoma.org)

### Heartline

[www.heartlineoklahoma.org](http://www.heartlineoklahoma.org)

### OK Dept. of Mental Health & Substance Abuse Services

1-405-248-9274

[https://www.ok.gov/odmhas/Prevention/\\_Prevention\\_Initiatives/Suicide\\_Prevention\\_and\\_Early\\_Intervention\\_Initiative/index.html](https://www.ok.gov/odmhas/Prevention/_Prevention_Initiatives/Suicide_Prevention_and_Early_Intervention_Initiative/index.html)

### OK Violent Death Reporting System (OKVDRS)

[https://www.ok.gov/health/Protective\\_Health/Injury\\_Prevention\\_Service/Oklahoma\\_Violent\\_Death\\_Reporting\\_System/index.html](https://www.ok.gov/health/Protective_Health/Injury_Prevention_Service/Oklahoma_Violent_Death_Reporting_System/index.html)

### Mental Health Association of Oklahoma

[www.mhaok.org](http://www.mhaok.org)

FOR MORE INFORMATION CONTACT:



(405) 271-6761 - [YRBS.HEALTH.OK.GOV](http://YRBS.HEALTH.OK.GOV)

