TEEN DEPRESSION AND SUICIDE IN FAIRFIELD COUNTY

The 2012 Fairfield County Youth Behavior Survey asked twelfth graders information regarding depression, suicide and self – mutilation. The rate of suicide thoughts for high school seniors decreased from 2010 to 2012. The rate of life time suicide attempts decreased from 15% in 2010 to 11% in 2012, a 4% decrease. The rate of lifetime self-mutilation decreased from, 20.4% in 2010 to 16.9% 2012.

*Fairfield County High School Seniors

16.8% felt nervous, worried or upset in the past month*
8.2% had thoughts of suicide*
11% seniors attempted suicide*
16.9% seniors report self-mutilation*

Who can help?

Fairfield County 211 24 hour crisis line 740-687-8225 (TALK)
New Horizons Youth and Family Center 740-687-0835
Pickerington Area Counseling Service 614-834-1919
Mid-Ohio Psychological Services 740-687-0042
National Suicide Prevention Lifeline (800) 273-TALK (8255)

What can you do?

If your teen shows signs of

• Sadness or hopelessness
• Irritability, anger, or hostility*
• Tearfulness or frequent crying
• Withdrawal from friends and family or changing “crowds” altogether.*
• Loss of interest in activities; difficulty concentrating.
• Unexplained aches and pains.*
• Changes in eating and sleeping habits
• Restlessness and agitation
• Extreme sensitivity to criticism and feelings of worthlessness and guilt*
• Lack of enthusiasm and motivation
• Fatigue or lack of energy
• Thoughts of death or suicide

*These signs of depression are even more common in teenagers than in their adult counterparts.

Source: www.helpguide.org

If you are concerned

• Talk to your teen about depression and what you’ve been observing
• Offer support and let them know you are there for them
• Be gentle, but persistent. Don’t give up.
• Listen without lecturing, avoid giving unsolicited advice or ultimatums
• Validate their feelings; acknowledge their pain and sadness
• Talk with the counselor, social worker, or psychologist at your child’s school to discuss the signs. They may complete a depression screening.
• Seek professional help from your family doctor and share the findings from the school assessment, if completed.
• If there are no health problems, ask your Dr. for a referral to a psychologist or psychiatrist. Discuss treatment options.