

# Mental Health and Suicide

## Key Findings

*In 2008, 5% of Auglaize County adults considered attempting suicide. The health assessment results indicated that 13% of Auglaize County youth had seriously contemplated suicide in the past year and 6% admitted actually attempting suicide in the past year.*

## Adult Mental Health

- ◆ 5% of Auglaize County adults considered attempting suicide in the past year, increasing to 8% of women and 11% of those with incomes less than \$25,000.
- ◆ 1% of adults reported attempting suicide.
- ◆ 17% of adults reported a doctor prescribed medical treatment for their depression, increasing to 25% of women, 26% of those with incomes less than \$25,000 and 29% of those under the age of 30
- ◆ When Auglaize County adults become worried or anxious, they also:
  - Have trouble falling asleep (42%)
  - Are keyed up or on edge (32%)
  - Are restless (31%)
  - Are particularly irritable (30%)
  - Easily tire (25%)
  - Have trouble concentrating (23%)
  - Have muscle tension (15%)
  - Have heart pounding and racing (12%)
- ◆ When feeling sad, blue, or depressed, adults had a period of 2 or more weeks when they:
  - Felt fatigued and had no energy (26%)
  - Had trouble sleeping or slept too much (24%)
  - Had trouble thinking or concentrating (15%)
  - Woke up before they wanted (15%)
  - Lost interest in most things (14%)
  - Felt worthless or hopeless (14%)
  - Felt extremely restless (12%)
  - Had a weight/appetite change (10%)
  - Thought about death or suicide (4%)

## Mental Health and Suicide Facts

- ◆ For youth ages 15 to 24, suicide is the 3<sup>rd</sup> leading cause of death.
- ◆ Adolescent males have a rate of suicide six times that of adolescent females.
- ◆ Firearms were used in 54% of U.S. youth suicides in 2001.
- ◆ In 2005, just over 18% of Ohio high school youth indicated that they had seriously considered attempting suicide in the past 12 months with more females (22%) considering suicide than males (15%).
- ◆ 9% of Ohio high school youth actually attempted suicide in the past 12 months (11% of all females and 7% of all males). 3% of Ohio high school youth indicated that their suicide attempt required medical attention by a doctor or nurse in the past 12 months.

(Sources: CDC, National Center for Injury Prevention and Control, Suicide, 12-22-04; CDC, National Center for Chronic Disease Prevention and Health Promotion, YRBS, Unintentional Injuries and Violence, 9-14-04)

## Youth Mental Health

- ◆ In 2008, 13% of Auglaize County youth reported seriously considering attempting suicide in the past twelve months compared to the 2007 YRBS rates of 15% for the U.S. and 13% for Ohio youth.
- ◆ In the past year, 6% of Auglaize County youth had attempted suicide and 2% had made more than one attempt. The 2007 YRBS reported a suicide attempt prevalence rate of 11% for the U.S. and 10% for Ohio youth.
- ◆ Almost one-fifth (21%) of youth reported they felt sad or hopeless almost every day for two weeks or more in a row that stopped them from doing some usual activities (2007 YRBS reported 25% for Ohio and 29% for the U.S.).
- ◆ Almost one-quarter (24%) of Auglaize County youth talked to no one when they were dealing with feelings of depression, personal problems or suicide. 55% talked to their best friend, 37% talked to their parents, 27% talked to their girlfriend/boyfriend, 20% talked to a sibling, 8% talked to a caring adult, 5% talked with their pastor/priest, 5% talked to their youth minister, 4% talked to their teacher, 4% talked to their school counselor, and 4% talked to a professional counselor.

# Mental Health and Suicide

## Teen Suicide Signals

The strongest risk factors for attempted suicide in teens are:

- ❖ Depression
- ❖ Alcohol abuse
- ❖ Aggressive or disruptive behaviors

In 2005, the *American Psychiatric Association* advises one should consult a mental health professional, parent, or school counselor if several of the following symptoms, experiences, or behaviors are present:

- ❖ Depressed mood
- ❖ Substance abuse
- ❖ Difficulties in dealing with sexual orientation
- ❖ Family loss or instability; significant problems with parents
- ❖ Unplanned pregnancy
- ❖ Frequent episodes of running away or being incarcerated
- ❖ Withdrawal from family and friends
- ❖ Expressions of suicidal thoughts, or talk of death or the afterlife during moments of sadness or boredom
- ❖ Loss of interest in or enjoyment in activities that were once pleasurable
- ❖ Impulsive, aggressive behavior, frequent expressions of rage

## Suicide Risk Factors

**A risk factor is anything that increases the likelihood that persons will harm themselves including:**

- ❖ Previous suicide attempt(s)
- ❖ History of mental disorders, particularly depression
- ❖ History of alcohol and substance abuse
- ❖ Family history of suicide
- ❖ Family history of child maltreatment
- ❖ Feelings of hopelessness
- ❖ Impulsive or aggressive tendencies
- ❖ Physical illness
- ❖ Feeling socially isolated
- ❖ Barriers to accessing mental health treatment
- ❖ Loss (relational, social, work, or financial)
- ❖ Has easy access to lethal suicide methods (for instance, firearms)
- ❖ Unwillingness to seek help because of the stigma attached to mental health and substance abuse disorders or suicidal thoughts
- ❖ Cultural and religious beliefs (i.e., the belief that suicide is not a resolution of a personal dilemma)
- ❖ Local epidemics of suicide

*(Source: CDC, National Center for Injury Prevention and Control, Suicide Fact Sheet)*

## Suicide Protective Factors

**Protective factors defend people from the risks associated with suicide and include:**

- ❖ Effective clinical care for mental, physical, and substance abuse disorders
- ❖ Easy access to a variety of clinical interventions and support for those seeking help
- ❖ Family and community support
- ❖ Support from ongoing medical and mental health care relationships
- ❖ Skills in problem solving, conflict resolution, and nonviolent handling of disputes
- ❖ Cultural and religious beliefs that discourage suicide and support self-preservation instincts

*(Source: CDC, National Center for Injury Prevention and Control, Suicide Fact Sheet)*

## Warning Signs of Suicide

**Recognizing Warning Signs of Suicide in Others**

- ❖ Feelings of despair or hopelessness
- ❖ Taking care of business—preparing for the family's welfare
- ❖ Drug or alcohol abuse
- ❖ Rehearsing suicide or seriously discussing specific suicide methods
- ❖ Shows signs of improvement, but in reality, relief comes from having made the decision to commit suicide

*(Source: CDC, National Depression and Manic Depression Association)*

For additional resources please see:

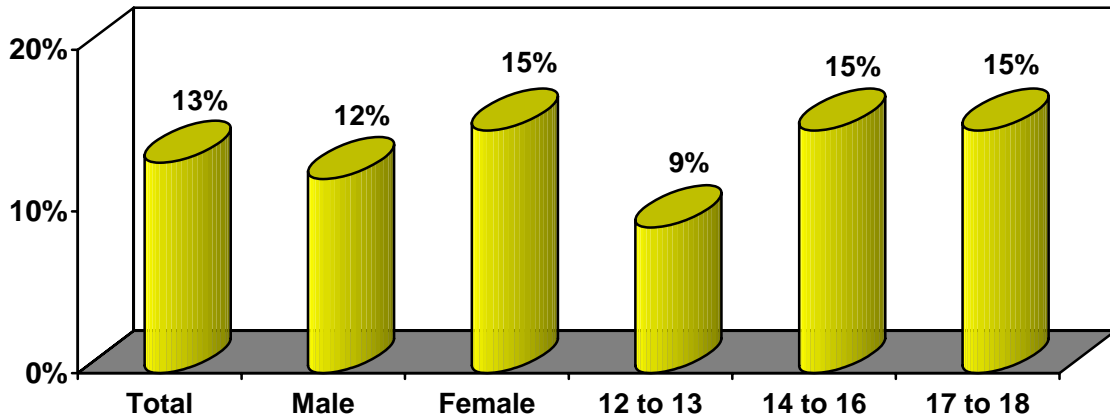
U.S. Public Health Service, *The Surgeon General's Call to Action to Prevent Suicide*. Washington, DC: 1999.

U.S. Department of Health and Human Services, *National Strategy for Suicide Prevention*. Washington, DC: 2001.

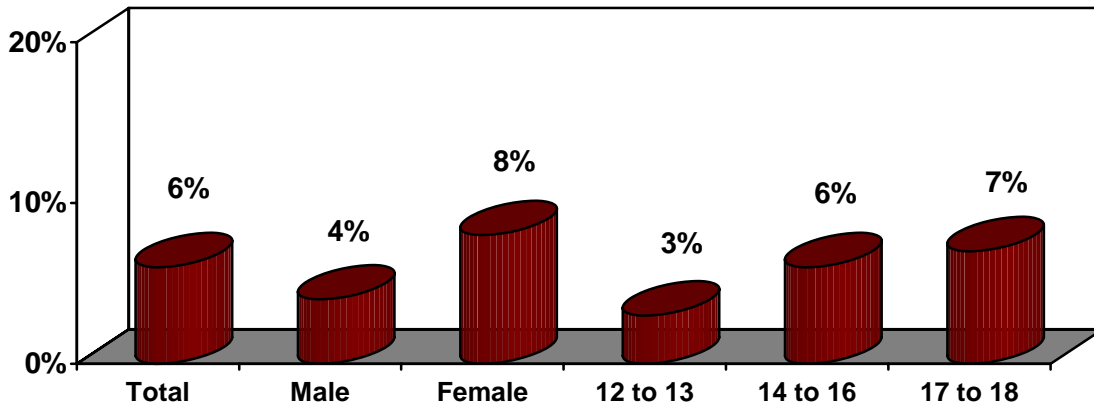
## Mental Health and Suicide

The following graphs show the percentage of Auglaize County youth who contemplated and/or attempted suicide in the past 12 months (i.e., the first graph shows that 13% of all youth had contemplated suicide, 2% of males and 15% of females).

**Auglaize County Youth Contemplated Suicide in Past 12 Months**



**Auglaize County Youth Who Attempted Suicide in Past 12 Months**

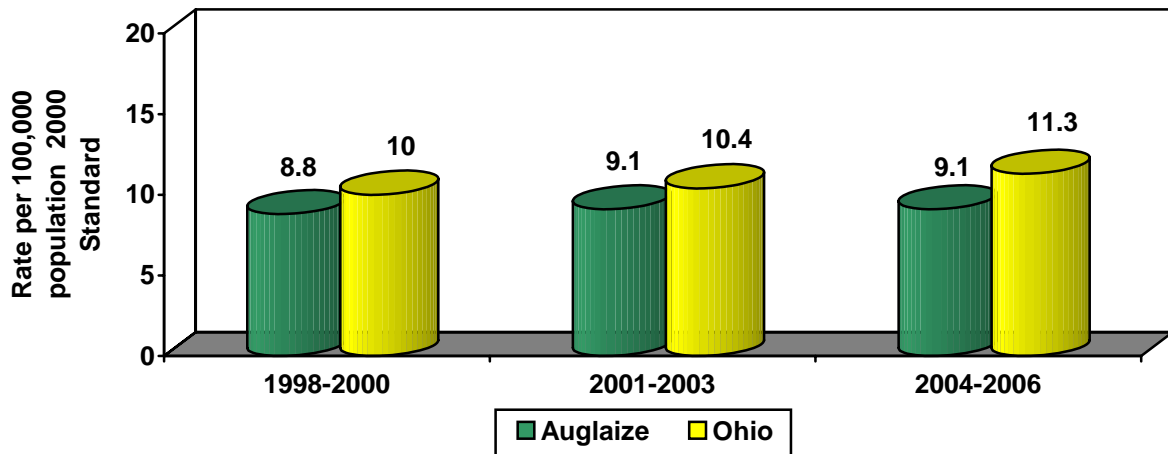


## Mental Health and Suicide

The following graphs show the Ohio and Auglaize County age-adjusted suicide mortality rates per 100,000 population and the number of suicide deaths by age group for the county. The graphs show that:

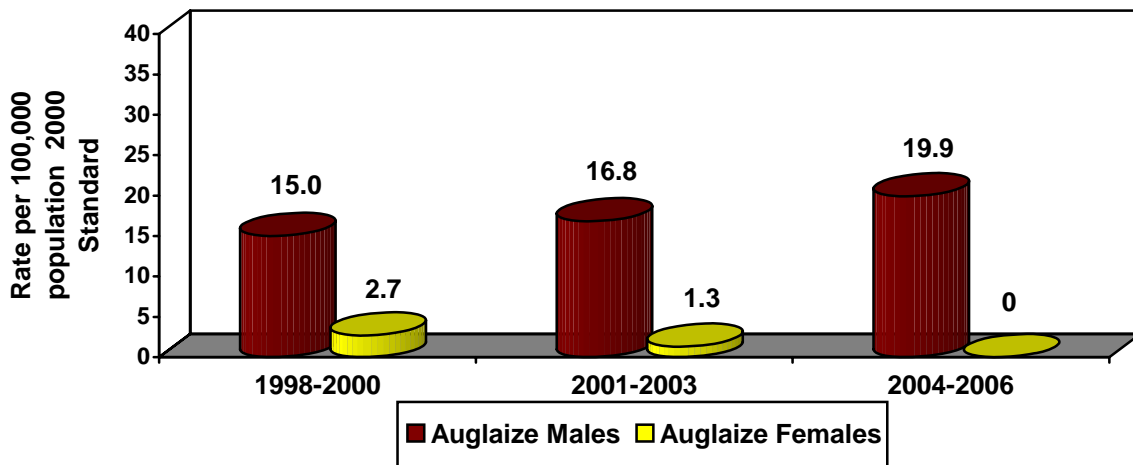
- ◆ The Auglaize County age-adjusted suicide mortality rate increased from 1998-2006.
- ◆ Auglaize County male age-adjusted suicide rates far exceeded female rates for all reported years.
- ◆ From 2004-2006, 31% of all Auglaize County suicide deaths occurred to those ages 65 years and over.

**Auglaize County Age-Adjusted Suicide Mortality Rates**



*(Source: ODH Information Warehouse)*

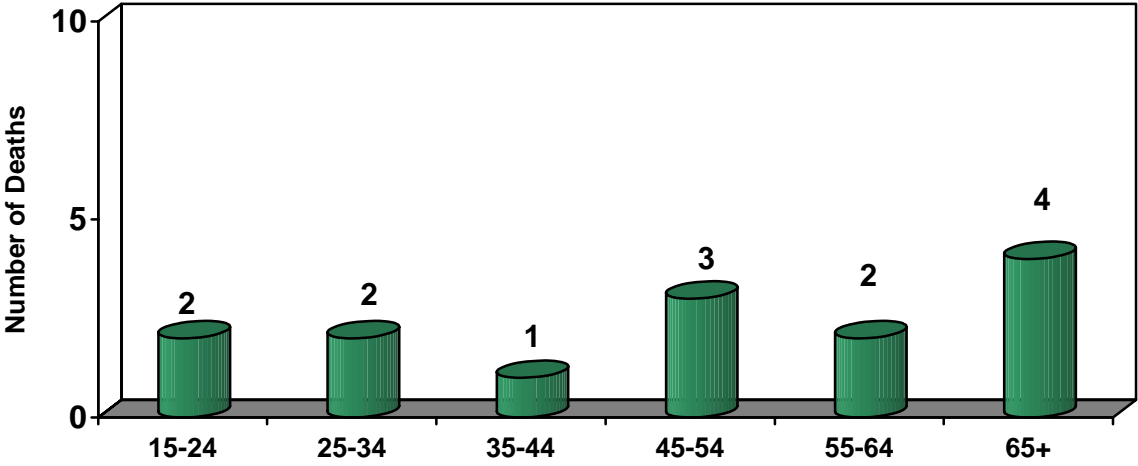
**Auglaize County Age-Adjusted Suicide Mortality Rates by Gender**



*(Source: ODH Information Warehouse)*

# Mental Health and Suicide

**Auglaize County Number of Suicide Deaths By Age Group  
2004-2006  
Total Deaths = 14**



*(Source: ODH Information Warehouse, updated 12-5-07)*