

# Communities That Care

## Youth Survey Results

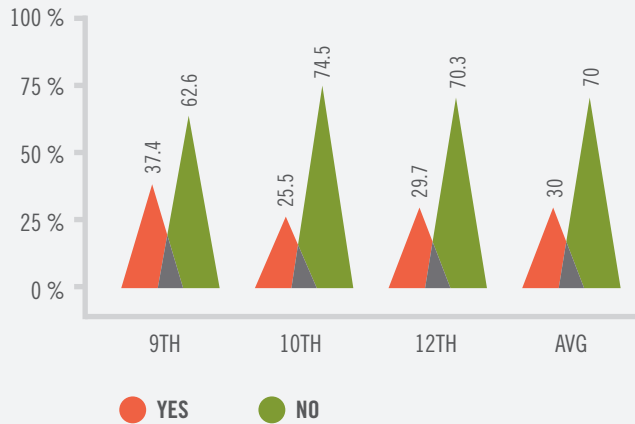
Administered by : Kootenai Alliance for Children and Families  
 Funding by : SAMHSA Drug Free Communities Grant Program

### EMOTIONAL HEALTH

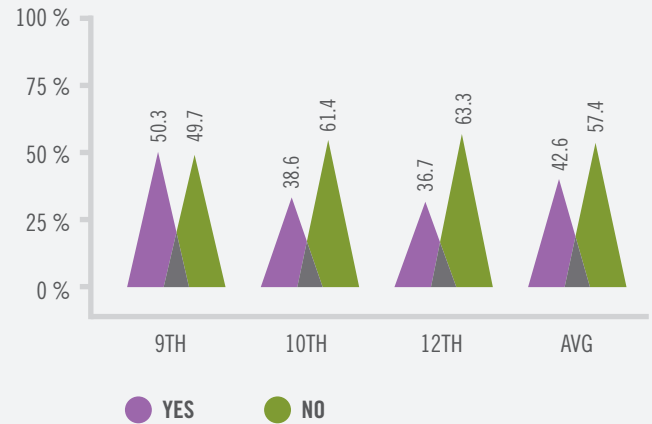


# 2012

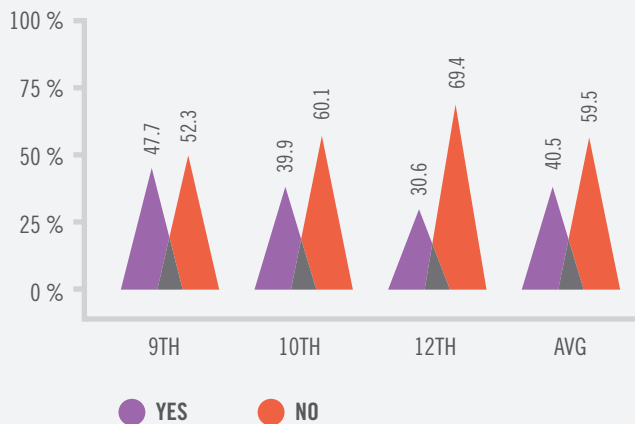
#### SOMETIMES I FEEL LIKE LIFE IS NOT WORTH IT



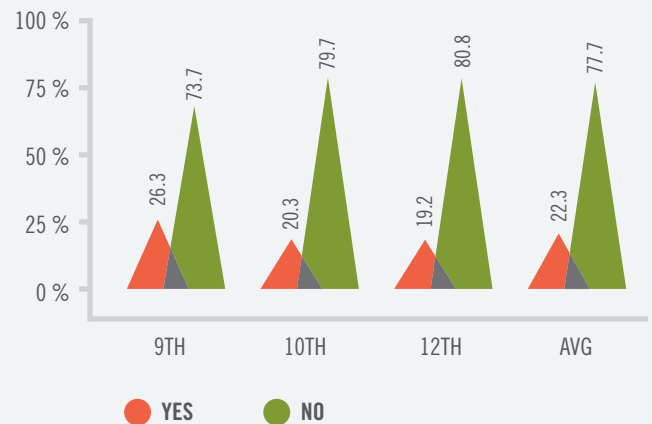
#### AT TIMES I THINK I AM NO GOOD AT ALL



#### I FEEL SAD AND DEPRESSED MOST DAYS



#### I AM INCLINED TO THINK I AM A FAILURE





### Teen Suicide

# 2012

KOOTENAI COUNTY STATISTICS

**KOOTENAI COUNTY: 139 suicides** in 2011.

Idaho is consistently among the states with the **highest suicide rates**, and Kootenai County has the second highest suicide rate in Idaho.



**ONE** Idaho youth reported seriously **considering suicide**, and **1 in 14** **IN SEVEN** reported making at least **one attempt**.

#### IDAHO YOUTH RISK BEHAVIOR

Grade	Depressed	Suicidal	Plan	Attempt
9th	28.3%	18.1%	12.7%	9.2%
10th	25.9%	15.2%	13.5%	6.8%
11th	29.4%	14.0%	10.4%	5.2%
12th	24.9%	13.6%	13.2%	4.2%

#### IDAHO YOUTH SUICIDES

Age	Male	Female	Total
10-14	9	3	12
15-19	78	16	94

STEPS YOU CAN TAKE

#### WARNING SIGNS OF SUICIDE

- \* Suicide Threats
- \* Previous Suicide Attempts
- \* Alcohol & Drug Abuse
- \* Statements Revealing a Desire to Die
- \* Sudden Changes in Behavior
- \* Prolonged Depression
- \* Making Final Arrangements
- \* Giving Away Prized Possessions



#### REMEMBER

Since **almost all efforts** to persuade someone to **live** instead of attempt suicide will be met with **agreement or relief**, **don't hesitate to get involved** or to take the lead!

#### ASK A QUESTION, SAVE A LIFE

##### QUESTION

**Question the person about suicide.** Ask if they have had any thoughts about it, feelings, or even plans? **Do not be afraid to ask!**

##### PERSUADE

**Persuade the person to get help.** Remember to listen carefully and then say, **"Let me help"**, or **"Come with me to find help"**.

##### REFER

Refer for help. If it is a child or adolescent, contact any **adult, parent, minister, teacher, coach, or counselor**. **1-800-273-TALK (8255)**