

October 5, 2020



CCPS Mental Health Update

Cecil County Public Schools is committed to empowering our staff and families to meet the social and emotional needs of our students, with a focus on behavioral health and trauma-responsiveness, to assure that every student is ready to learn, achieve success, and experience positive relationships.

<p>Did you know:</p> <p>Suicide does not have a single cause. The risk of suicide increases with substance abuse and untreated depression.</p> 	<p>Strategy of the Month:</p> <p><i>National Suicide Prevention Hotline</i> 800-273-8255</p> 
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Suicide Awareness and Prevention

* Adapted from Save.org

<p>Facts About Depression and Suicide</p> <p>Research has shown a significant link between depression and suicide.</p> <ul style="list-style-type: none"> • In ages 18 and older between 20 - 25% of Americans are affected by depression in a given year • 80% - 90% of people that seek assistance for depression are treated successfully • 90% of people who die by suicide also have a mental health disorder • Suicide is the 10th leading cause of death of all ages in the United States • It is the 2nd leading cause of death for people between the ages of 10 to 24 	<p>Suicide Prevention</p> <p>Six Ways to Reduce the Numbers of Suicide</p> <ul style="list-style-type: none"> • <i>Have Meaningful Social Connections</i> <ul style="list-style-type: none"> ○ Make plans with a friend and keep them ○ Prioritize family time <ul style="list-style-type: none"> ■ Check in with family members; ask questions that cannot be answered with a yes or no ○ <i>Re-Engage with old hobbies or begin new ones</i> ○ <i>Practice self-care</i> <ul style="list-style-type: none"> ■ Take care of body ■ Practice mindfulness ■ Set goals
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- Boys are 3 to 4 times more likely to attempt suicide than girls, but both rates are on the rise
- For every 25 suicide attempts, there is one successful suicide

Suicide Facts by Age

- Ages 10 to 14:** 1 in 100,000 children die by suicide each year
- Ages 15 to 19:** 7 in 100,000 youth die by suicide each year
- Ages 20 to 24:** 12.7 in 100,000 adults die by suicide each year
- Females 45 to 54:** 9 in 100,000 females die by suicide each year
- Males 50 and higher:** 30 in 100,000 males die by suicide each year
- Males 75 and older:** 36 in 100,000 elderly males die by suicide each year
- Suicide rates among the elderly are higher if the person is widowed or divorced



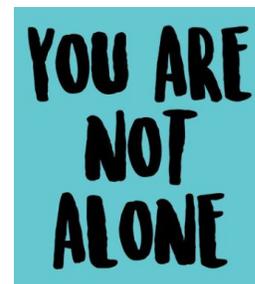
Additional Facts on Suicide

- Save.org
- [Facts for Families: Suicide](#) (Children’s Mental Health Matters)
- [Teens and Suicide: What Parents Should Know](#) (American Foundation for Suicide Prevention)
- [Types of Self-Harm and Coping Strategies](#) (Crisis Text Line)

- Ask for help
 - *Know the Warning Signs*
 - For more information, a link is provided below
 - *Identifying mental health needs*
 - Teach and model healthy mental health habits
 - Medical professionals believe treating mental health disorders reduces the risk of attempting suicide
 - *Reduce access to possible suicide methods*
 - The most successful strategy for preventing suicide is eliminating the ability to access to lethal means (i.e. medications, firearms)
- *Ask for help*
- *Make a Safety Plan*

Additional Information on Suicide Prevention

- [Warning Signs and Risk Factors of Suicide](#) (Save.org)
- [Are You Okay?](#) (American Foundation for Suicide Prevention)
- [When to Seek Help](#) (Children’s Mental Health Matters)
- [Suicide Questions and Answers](#) (Save.org)
- [Suicide Prevention](#) (Save.org)
- [Make a Safety Plan](#) (Suicide Prevention Lifeline)



If you have a child in need of support and/or resources click on the following link.
[Student Support Request Form](#)

The Maryland Coalition for Families is available to provide the following supports

- Parents and caregivers of children with mental health needs
- Anyone who cares for a loved one struggling with substance use disorder
- Anyone who cares for a loved one struggling with problem gambling

Families and others can reach MCF by:

- Calling our statewide intake line at 410-703-8267
- Emailing info@mdcoalition.org