

Adolescent Suicide and Depression Resources for Parents

In Maine, suicide is the **second leading cause of death** for 15-24 year olds and the fifth leading cause of death in 10-14 year olds. Each year, an average of 18 young people die by suicide in Maine. To assist parents in recognizing warning signs of depression and suicide, to learn more about how to talk to teens about suicide, and how to help young people grieve a death by suicide, the Maine Youth Suicide Prevention Program (MYSPP) has compiled a list of helpful web sites. If you have additional questions, please contact Linda Williams, Training and Education Project Director for MYSPP at (207) 622-7566 ext. 243 or lwilliams@mcd.org.

The Maine Statewide Crisis Hotline is answered 24 hours/day, 7 days a week and 365 days a year. The number to call is **1-888-568-1112**.

The Maine Youth Suicide Prevention Program has a section For Parents at www.mainesuicideprevention.org/parents that includes talking to a grieving youth, and a separate web site for teens at www.mainesuicideprevention.org/youth

“Teen Depression—A Guide for Parents and Teachers”
http://www.helpguide.org/mental/depression_teen.htm

The National Center on Trauma and Loss in Children <http://www.tlcinstitute.org/PTRCconcerns.html> has excellent resource information, including:

- ☐ “Grief and Death”
- ☐ “Clues of Potential Suicide”
- ☐ “What to Say When Someone is Contemplating Suicide”
- ☐ “Questions and Answers About Suicide”
- ☐ “Talking to Children after a Loved One has Died by Suicide”

This Canadian web site has several articles for parents including an article with helpful advice “After a Suicide Attempt”. <http://www.suicideinfo.ca/youthatrisk>

2006 Fact Sheet on Suicide: Adolescent and Young Adults”
<http://nahic.ucsf.edu/downloads/Suicide.pdf>

Substance abuse, especially alcohol, is also closely linked with suicidal behavior. To learn more about this important topic, go to www.maineparents.net

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Paul R. LePage, Governor

Mary C. Mayhew, Commissioner