



Youth Suicide Prevention

Promoting & Protecting the Health of Iowa

Division of Behavioral Health
Phone: 515-281-8802
www.idph.state.ia.us/bh/suicide_prevention.asp
www.yourlifeiowa.org



“My close relative, Michael, was Mr. Popularity – a football star, idol and heartthrob – all through high school. All the guys wanted to be him and all the girls wanted to date him. Mike was also Mr. Comedy and cracked me up a million times throughout the too- few years he was with us. After graduating from college, Mike had a few successful careers, including one that allowed him to use his amazing artistic talents. On my 10th birthday, he cheered me up (I was upset about getting braces) by drawing caricatures of popular singers and making jokes. I have no doubt that, with his talents and terrific personality, Mike would have contributed so much more to our family and to the world. Unfortunately, for reasons I’m unaware of, he did not have consistent treatment for his bipolar disorder. So his condition worsened, leading him to take his life at the age of 36. Michael had a long, wonderful life ahead of him. He should be here to celebrate the joys of life with us – joys that are bittersweet now that he is gone. He should be here to help us through the tough times. He should be here to help us create more special memories. Too Few Years, Too Few Memories”

-Shauna Moses



Did you know?

In 2011, 420 Iowans lost their lives to Suicide. Suicide is the 2nd leading cause of death for Iowans ages 15 to 35 from 2001-2010.



Why is Youth Suicide Prevention important to promoting and protecting the health of Iowans?

- Suicide is not only the 2nd leading cause of death for Iowans ages 15 to 40; it results in thousands of friends and families left behind to try to make sense of their loved one’s tragic death.
- For every suicide death in 2011, there were an estimated 6 hospitalizations. The main methods of suicide completion are by firearm or hanging (74%). The majority (94%) of hospitalizations following a suicide attempts was due to medication or poisoning.
- In the 2012 Iowa Youth Survey, 4% of 11th grade females and 3% of 11th grade males admitted to attempting suicide in the past 12 months.
- Suicide is a preventable cause of tragic death and injury. It is estimated that 90% of those who died by suicide had a diagnosable mental health problem such as depression or bi-polar disorder.

Which Iowa Public Health Goals are we working to achieve?

Prevent injuries

Promote healthy behaviors



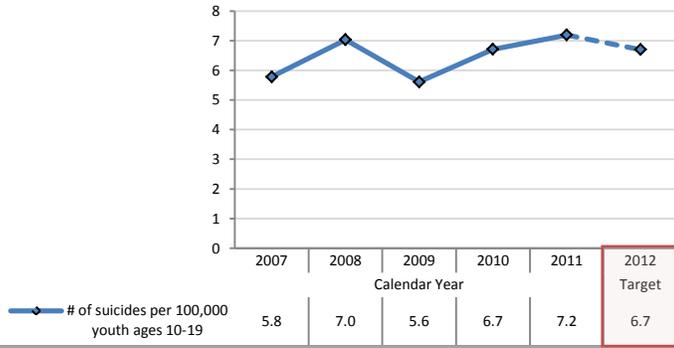
What do we do?

Your Life Iowa is a resource where youth, parents and school personnel can get immediate help and information about bullying and youth suicide. Program components include:

- **Toll Free Telephone Hotline** is available 24/7 to provide information, brief counseling and information about local resources. The Hotline number is **(855) 581-8111**
- **Web Site** with information and resources about bullying and youth suicide prevention. The web address is yourlifeiowa.org.
- **Texting / Short Message Service (SMS)** offer a timely and relevant way to get help. Texting is quickly becoming the chosen way to communicate, especially among youth. Text **“talk” to 85511**

How do we measure our progress?

1 Number of Iowans age 19 & under who have died from suicide (per 100,000 youth ages 10-19).



Data Source: IDPH Vital Statistics. Data are available annually. 2012 data not yet available.

How are we doing? The youth suicide rate fluctuates from year to year due to many variables. Unfortunately, Iowa experienced an increase in suicides from 23 in 2009 to 30 in 2011. The 2011 Youth rate is 7.19 per 100,000 youth ages 10-19.

What can Iowans do to help?

1. Your Life Iowa can provide information, support and resources at yourlifeiowa.org or by calling **(855) 581-8111**.
2. Go to www.outofthedarkness.org/ to find out where to attend or how to organize a suicide awareness walk in your community.
3. Take comments about suicide seriously and support others efforts in seeking help for depression and suicidal thoughts. Go to www.afsp.org/index.cfm?page_id=F2F25092-7E90-9BD4-C4658F1D2B5D19A0 to learn more.
4. Program the National Suicide Lifeline Hotline number (800-273-8255) into your cell phone and call if you're concerned about yourself or someone else. Go to www.suicidepreventionlifeline.org for more support.
5. Learn about the warning signs of suicide at www.suicidology.org/web/guest/stats-and-tools/warning-signs.

Expenditures

General fund & Federal funds: K65-6501; 0153-0696 (FY11 only)

	State Fiscal Year 2011 Actual	State Fiscal Year 2012 Actual	State Fiscal Year 2013 Estimate
State funds	\$0	\$0	\$50,000
Federal funds	\$420,717	\$0	\$0
Total funds	\$420,717	\$0	\$50,000
FTEs	1.07	0.00	0.00

Note: Funding information is intended to provide an overview of funding related to the program area. It does not include all federal and state requirements and/or restrictions for the use of funds. Contact the program area for more detailed budget information.