



# PREVENTING TEEN SUICIDE

September is  
Suicide Prevention Month

Suicide Prevention is everyone's business. By proactively focusing on prevention measures, we can offer a glimmer of hope to vulnerable adolescents facing overwhelming challenges. Addressing the root causes of youth suicide, such as academic pressures, social isolation, substance use and abuse, and mental health disorders, is essential to fostering a compassionate and supportive environment for these young minds. Together, through education, support, and empathy, we can create a world where youth feel valued, heard, and empowered to seek help during their darkest moments, ultimately preventing the tragic loss of precious lives. We can all learn about supporting someone who is experiencing suicidal thoughts. Please take the time to learn about important risk factors and warning signs for our youth, review facts and figures from Colorado and the United States, and read about the prevention efforts that are taking place in our community.



## Risk Factors and Warning Signs/Resources

[Preventing Youth Suicide: Tips for Parents and Educators](#)

[Prevención del suicidio juvenil: consejos para padres y educadores](#)



## Facts and Figures About the United States and Colorado

[Suicide Facts and Figures](#)



## Prevention Efforts/Resources in Your School Community

[Youth Suicide Prevention in Colorado](#)

[988 Suicide Crisis Hotline](#)

[Littleton Public School District](#)

