



September is Suicide Prevention Month. **Suicide is the second leading cause of death among young people.**

Hour-Zero has launched a new training module to help schools address the growing concerns of youth suicide.

Suicide can cast a bleakness over a school; often raising anguished questions of What did we miss? or What could we have done? Yet, there is still a reluctance to discuss it, particularly in schools.

Even in silence, there is sound. Statistics reveal that eight out of ten people considering suicide give some sign of their intention. Knowing what to listen and watch for in the warning signs and risk factors can help save a student's life.

The training course is designed to help all school staff, regardless of position, strengthen their ability to recognize the risks and warning signs of suicide and how to seek help for students.

www.sia-jpa.org | www.hour-zero.com

California* Facts and Figures:

More than twice as many people die by suicide in **California** annually than by homicide.



On average, **one person dies by suicide EVERY TWO HOURS** in California.

Suicide Death Rates	Number of Deaths	Rate per 100,000	State Rank
California	4,294	10.46	45
Nationally	44,965	13.42	

* Based on most recent 2016 data from CDC.

11th leading cause of death in California

3rd leading cause of death for ages 15-24

Number of suicides for this age group is on the rise. **Nationally suicide is the 2nd leading cause of death for youth.**

• **2nd leading cause of death for ages 25-34**

• **5th leading cause of death for ages 45-54**

• **4th leading cause of death for ages 35-44**

• **8th leading cause of death for ages 55-64**



Firearms account for **51%** of all suicides; followed by suffocation at 25.9%



Males die by suicide **3.53x more** often than females.