

FACTS for YOUTH

HELP IS AVAILABLE – TALK TO SOMEONE

SUICIDE ON GUAM : Suicide is the 5th leading cause of death on Guam, and is widely recognized as a significant public health issue.



I don't think I'm worth living for...

What am I supposed to do now?

COMMON FACTORS:

Suicide ideation and attempts among high school youth are triggered by the following common factors:

Sadness: Feeling alone and depressed

Behavior: Change in daily routine schedules

Relationship: Physical, emotional, or sexual abuse

Sexual Identification: Lesbian, Gay, Bisexual, and transgender

Peer Pressure: Consistently being picked on or forced to do something they do not want to do

Alcohol or Other Drugs: using and abusing

Health: mental illness such as depression or bipolar disorder



SUICIDE IS PREVENTABLE:

Things can change for the better. Suicidal depression and feelings are preventable and treatable. The key is to communicate, talk to someone, and feel comfortable expressing yourself.

BE AWARE:

Those contemplating Suicide do not really want to die, they just want to be heard. Suicidal behavior is not inherited, but the risk is higher for family members who may have lost someone to suicide.

PRESERVE OUR CULTURE & YOURSELF

The island of Guam, Gualahan in native Chamorro, is a true dynamic and diverse community built on originality, tradition, & culture. In order to preserve our island culture and background, we support each other in times of need!

Techniques for good and healthy communication:

Talk to someone to help you cope with your feelings.

Ex. a therapist, a friend, a family member, or someone you trust. Suicide is the not the easy way out.

Avoid consumption of alcohol (You're problems will not diminish, but will increase)

Avoid unhealthy habits (Tobacco, Alcohol, other drugs, and eating disorders)

Exercise: Create a daily routine at least 30 minutes a day.

Get involved with school, church, and community activities and organizations.

GUAM: In the years 2000-2007, there were at least 23 suicide deaths per year, approximately one suicide death every two weeks.

There Is Someone Listening!

COMMUNICATION IS THE START TO A HEALTHY LIFESTYLE

Suicide attempts are at least 1.5 to 2.5 times higher than suicide deaths.

Youth today face many obstacles that include: family, friends, school, and individual acceptance. The risk of suicidal ideation and suicide attempts are higher among youth. This may be due to lack of communication regarding issues that youth are facing today. Communication is the key to help understanding Suicide.

Tips for Healthy Communication

- Talk to someone that you trust about how you feel
(Especially when you feel like harming yourself)
- Keep yourself busy and active in your community
- Seek professional guidance from your family doctor, therapist, or counselor.

Resources

LOCAL AGENCIES:

Department of Mental Health and Substance Abuse
24 Hour Crisis Hotline
(671) 647-8833

I Pinangon, University of Guam, Campus Suicide
Prevention Program
(671) 735-2888/9

Life Works Guam: Suicide Prevention Program and
Rainbows for all Children on Guam
(671) 632-0257

Sanctuary, Incorporated of Guam
24 Hour Crisis Hotline
(671) 475-7100

Local Emergency 911

Survivor of Suicide Support Group
(671) 477-9079-83 or
(671) 477-8861-63 www.peaceguam.org

NATIONAL ASSISTANCE:

24 Hour National Suicide Prevention Lifeline
1-800- 273-TALK
(1-800-273-8255)

24 Hour Teen Suicide Hotline
(1-800-552-8336)

24 Hour Youth Crisis Hotline
(1-800-843-5200)



Garrett Lee Smith Memorial Grant
Awarded by the Substance Abuse and
Mental Health Service Administration
(SAMHSA)
Grant Number IU79SM058391-01