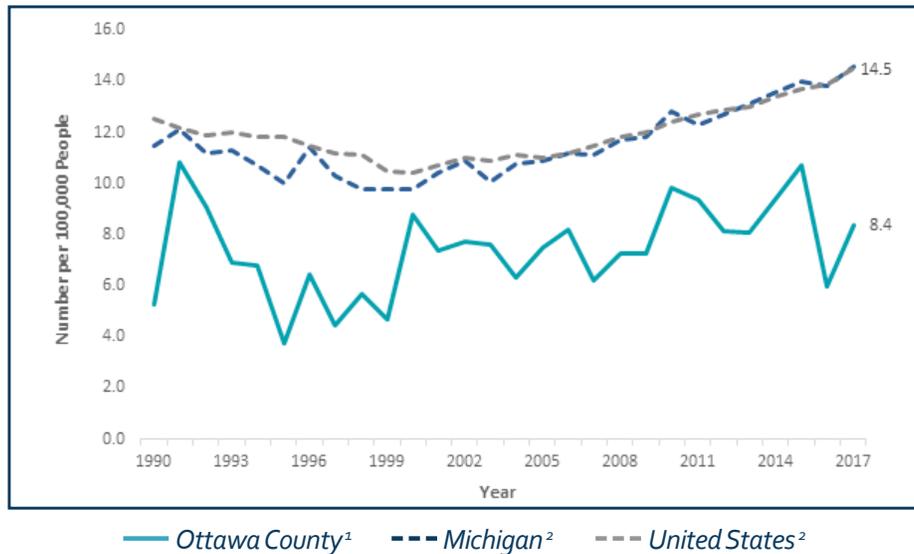


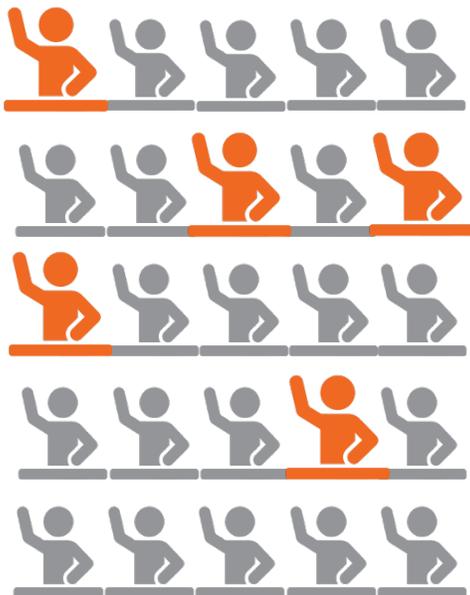
Death by Suicide

Among All Ages in Ottawa County



While the United States and Michigan are seeing an increase in suicides, Ottawa County's overall rate of suicide has been stable since 1990 (when adjusted for the high rate of population growth).

What is changing in Ottawa County, and very concerning, is the increase in suicides among younger and younger children.



On average, the last 10 years had 8% of all suicides occurring in teens. In 2018, an estimated **21%** of all suicides are of teenagers.¹

On average, in every classroom of 13-18-year-olds...

5 seriously thought about taking their life and
2 made one or more attempts.³

Sources: ¹Ottawa County Medical Examiner's Office preliminary 2018 data; ²CDC Wonder Search, <https://wonder.cdc.gov/>; ³2017 Ottawa County Youth Assessment Survey (Q53: During the past 12 months, did you ever seriously think about attempting suicide?, Q55: During the past 12 months, how many times did you attempt suicide?)

What can we do to prevent suicide?

Steps to Help Someone at Risk



Know the Suicide Warning Signs



- Feeling like a burden
- Being isolated



- Increased anxiety
- Feeling trapped or in unbearable pain



- Increased substance use
- Looking for a way to access lethal means



- Increased anger or rage
- Extreme mood swings



- Expressing hopelessness
- Sleeping too little or too much



- Talking or posting about wanting to die
- Making plans for suicide

Preventing Suicide Involves Everyone in the Community



- **Provide financial support to individuals in need.** States can help ease unemployment and housing stress by providing temporary help.



- **Strengthen access to and delivery of care.** Health care systems can offer treatment options by phone or online where services are not widely available.



- **Create protective environments.** Employers can apply policies that create a healthy environment and reduce stigma about seeking help.



- **Connect people within their communities.** Communities can offer programs and events to increase a sense of belonging among residents



- **Teach coping and problem-solving skills.** Schools can teach students skills to manage challenges like relationship and school problems



- **Prevent future risk.** Media can describe helping resources and avoid headlines or details that increase risk.



- **Identify and support people at risk.** Everyone can learn the warning signs for suicide, how to respond, and where to get help.

To learn more and get involved, contact:

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