Suicidal Behaviors among Youth and Young Adults in Michigan

Among Michigan High School Students in 2015¹...

- 32% had feelings of depression
- 17% considered suicide
- 15% made a plan to attempt suicide
- 9% attempted suicide at least once

2 out of 3 who seriously considered suicide made a plan for suicide

2 out of 5 who made a plan went on to attempt suicide

1 out of 3 who attempted suicide had injuries that had to be treated by a doctor or nurse

Risk Factors for Suicide in Michigan Youth and Young Adults

Suicidal thoughts in high school students have decreased 30% since 1997¹

However, suicides in MI youth/young adults have increased more than 50% over the past 10 years²

- Youth who were bullied online were 4x more likely to consider suicide¹
- LGBTQ youth were 4x more likely to consider suicide than heterosexual youth¹
- Youth that experienced physical or sexual dating violence were 5x more likely to attempt suicide¹
- Youth that were injured in a physical fight and had to be treated by a doctor or nurse were 5x more likely to attempt suicide¹

Questions?
Contact the Michigan Department of Health and Human Services
Injury & Violence Prevention Unit
Youth Suicide Prevention Program Website
517-335-9518
19% of youth/young adults ages 10-24 who died by suicide in 2015 disclosed thoughts or plans to do so within the last month.

62% of those who tested positive for substances at death had alcohol or marijuana in their system.

28% were known to have left a suicide note.

The most common circumstances that contributed to suicide include:
1. Mental health problem
2. Intimate partner problem
3. Recent argument
4. Family relationship problem
5. Substance use problem

Suicide is preventable and there is always hope.

Know the warning signs for those at risk of suicide:
- Feelings of hopelessness
- Threatening to or talking about wanting to hurt oneself/death
- Loss of interest in activities
- Withdrawal from friends and family
- Change in eating and sleeping habits
- Drug and alcohol use
- Persistent boredom, difficulty concentrating, or decline in quality of schoolwork
- Looking for access to firearms, pills, and other lethal methods

Resources
Call the National Suicide Prevention Lifeline at:
1-800-273-TALK

OK2SAY is a safety program that allows Michigan students and school employees to anonymously report tips to prevent potential harm or criminal activities, which can save lives.

Data Sources:
1. Michigan Youth Risk Behavior Survey (YRBS), 2015
3. Michigan Violent Death Reporting System (MiVDRS), 2015

YRBS data is from a representative sample of Michigan high school students and MiVDRS data includes all suicide deaths in Michigan.