

Suicide Prevention

When educators, students and communities learn warning signs and how to take action when a young person might be at risk of a suicidal crisis, lives can be saved.

Warning Signs:

The link above will take you to a more exhaustive list here are a few.

- Changes in eating and sleeping habits
- Loss of interest in usual activities
- Withdrawal from friends and family members
- Says “I want to kill myself,” or “I’m going to commit suicide.”
- Gives verbal hints, such as “I won’t be a problem much longer,” or “If anything happens to me, I want you to know”
- Gives away favorite possessions or throws away important belongings

How to take Action:

- Tell a trusted adult
- Do not leave the individual alone
- Let them know you are listening
- Show your support for them
- Call 911/988

Suicide is the second leading cause of death for youth and young adults in Kentucky.


According to the Kentucky Youth Risk Behavior Survey, 15 percent of Kentucky high school students (1 in 7) reported having seriously considered suicide within a 12-month period.

In addition, 17.4 percent of Kentucky middle school students (nearly 1 in 5) reported that they had seriously considered killing themselves at some point in their lives.

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