



Youth Suicide Prevention

Phone: 515-281-5444

<https://idph.iowa.gov/substance-abuse/suicide-prevention>

www.yourlifeiowa.org

Protecting & Improving
the Health of Iowans



“My close relative, Michael, was Mr. Popularity – a football star, idol and heartthrob – all through high school. All the guys wanted to be him and all the girls wanted to date him. Mike was also Mr. Comedy and cracked me up a million times throughout the too-few years he was with us. After graduating from college, Mike had a few successful careers, including one that allowed him to use his amazing artistic talents. On my 10th birthday, he cheered me up (I was upset about getting braces) by drawing caricatures of popular singers and making jokes. I have no doubt that with his talents and terrific personality, Mike would have contributed so much more to our family and to the world. Unfortunately, for reasons I’m unaware of, he did not have consistent treatment for his bipolar disorder. So his condition worsened, leading him to take his life at the age of 36. Michael had a long, wonderful life ahead of him. He should be here to celebrate the joys of life with us – joys that are bittersweet now that he is gone. He should be here to help us through the tough times. He should be here to help us create more special memories. Too few years, too few memories.”

-Shauna Moses



Did you know?

In 2016, 449 Iowans lost their lives to suicide and 25 of those deaths were teens.

Suicide was the second leading cause of death for Iowans ages 15 to 44 from 2001-2015.

Why is Youth Suicide Prevention important to protecting and improving the health of Iowans?

- Suicide is not only the second leading cause of death for Iowans ages 15 to 44; it was the fifth leading cause of death for ages 5-14 and ages 45-54 in 2015.
- Suicide results in thousands of friends and families left behind to try to make sense of their loved one’s tragic death.
- For every suicide death in 2011, there were an estimated six hospitalizations. Three-fourths of suicides are completed by firearm or hanging. Almost all (94%) hospitalizations following a suicide attempt were due to medication or poisoning.
- Four percent of Iowa youth in sixth, eighth or 11th grade reported at least one suicide attempt in the past 12 months. Thirteen percent had serious thoughts of suicide (2016 [Iowa Youth Survey](#)).
- Suicidal thoughts and feelings do not usually exist in a vacuum; suicide prevention has strong ties to mental health promotion, substance abuse prevention and treatment, healthy relationships, safe schools and stable employment.
- Suicide is a preventable cause of tragic death and injury. It is estimated that 90% of those who died by suicide had a diagnosable mental health problem such as depression or bi-polar disorder.

Which Iowa Public Health Goals are we working to achieve?

Prevent injuries & violence

Promote healthy living

What do we do?

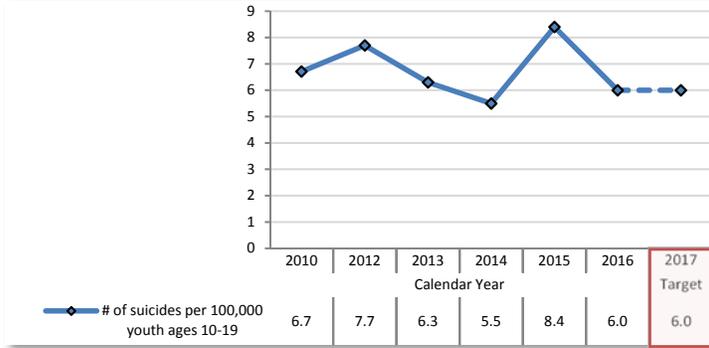
Your Life Iowa is a resource where youth, parents and school personnel can get immediate help and information about bullying and youth suicide. Program components include:

- Toll Free Telephone Hotline, available 24/7 to provide information, brief counseling and information about local resources. The hotline number is (855) 581-8111
- Website with information and resources about bullying and youth suicide prevention. The web address is yourlifeiowa.org.
- Texting/Short Message Service (SMS) offers a timely and relevant way to get help. Texting is quickly becoming the chosen way to communicate, especially among youth. Texting is accessible from 2-10 PM CST daily by texting 855-895-8398 (standard message and data rates may apply).

Iowa Suicide Prevention Planning Group is a group working to coordinate and enhance suicide prevention initiatives while working on the [Iowa Suicide Prevention Plan 2015-2018](#).

How do we measure our progress?

1 Number of Iowans age 19 & under who have died from suicide (per 100,000 youth ages 10-19).



Data Source: IDPH Vital Statistics. Data are available annually. 2017 data not yet available.

How are we doing? The youth suicide rate fluctuates from year to year due to many variables. Unfortunately, Iowa experienced an increase in overall suicides since 2009 with the youth rate remaining relatively stable. The 2016 youth rate was 6 per 100,000 youth ages 10-19.

What can Iowans do to help?

1. Your Life Iowa can provide information, support and resources at <http://www.yourlifeiowa.org/> or by calling (855) 581-8111.
2. Go to www.outofthedarkness.org/ to find out where to attend or how to organize a suicide awareness walk in your community.
3. Take comments about suicide seriously and support others efforts in seeking help for depression and suicidal thoughts. Go to www.afsp.org/preventing-suicide/find-help to learn more.
4. Program the National Suicide Lifeline Hotline number (800-273-8255) or Your Life Iowa (855-581-8111) into your cell phone and call if you're concerned about yourself or someone else. Go to www.suicidepreventionlifeline.org for more support.
5. Learn about the warning signs of suicide at <http://www.suicidology.org/resources/warning-signs>. For youth-specific warning signs, visit <http://www.youthsuicidewarningsigns.org/>.
6. Support local [suicide bereavement support groups](#). Consider attending a group if you have lost someone to suicide or attending with a friend or family member to support them.

Expenditures

General fund & federal funds: K05-0653; 0153-0694

	State Fiscal Year 2016 Actual	State Fiscal Year 2017 Actual	State Fiscal Year 2018 Estimate
State funds	\$49,829	\$49,955	\$50,000
Federal funds	\$598,908	\$140,270	\$0
Other funds	\$15,000	\$45	\$0
Total funds	\$663,737	\$190,270	\$50,000
FTEs	0.50	0.00	0.00

Note: Funding information is intended to provide an overview of funding related to the program area. It does not include all federal and state requirements and/or restrictions for the use of funds. Contact the program area for more detailed budget information.