

MENTAL HEALTH AWARENESS

Encourage our youth to make safe choices!

AMONG OKLAHOMA PUBLIC HIGH SCHOOL STUDENTS IN 2019:



38% Felt sad or hopeless^{1,2}

22% Considered attempting suicide¹

18% Made a plan about how they would attempt suicide¹

12% Attempted Suicide¹

4% Had a suicide attempt that resulted in injury, poisoning, or overdose^{1,3}

- 12th graders (61%) were more likely than 10th (33%) and 9th graders (11%) to have texted or emailed while driving

FOR MORE INFORMATION CONTACT:

Maternal and Child Health
Assessment Division
405.271.6761
yrbs.health.ok.gov

Injury Prevention Service
405.271.3430
ips.health.ok.gov



OKLAHOMA
State Department
of Health

HOW YOU CAN HELP*



- Identify and support people at risk of suicide.
- Promote safe and supportive environments. This includes safely storing medications and firearms to reduce access among people at risk.
- Offer activities that bring people together so they feel connected and not alone.
- Foster peer norms that support help-seeking.
- Ask someone you are worried about if they're thinking about suicide.



- Be there with them. Listen to what they need and follow through on offered support.
- Help them connect with ongoing support.
- Follow up to see how they're doing.
- Support the development of relationships between youth and positive adults in their lives.
- Prevent future risk of suicide among those who have lost a friend or loved one to suicide.

1. When riding in a car driven by someone else
2. During the 30 days before the survey
3. Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Parents are the Key to Safe Teen Drivers. Available for download at <https://www.cdc.gov/parentsarethekey/index.html>

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