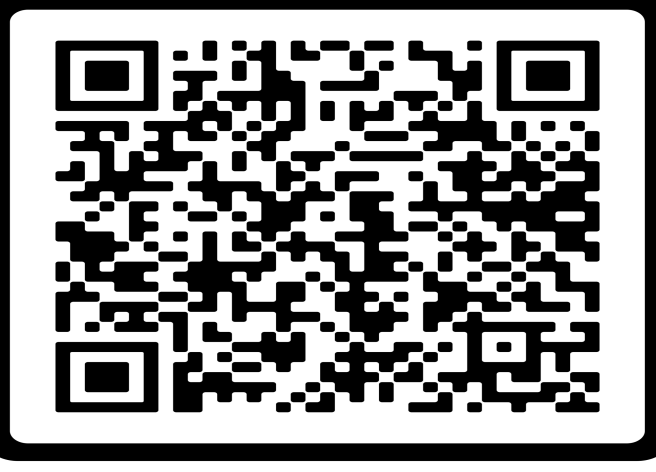


DETECTING EARLY SIGNS OF A SUICIDAL ENVIRONMENT AND ITS RISKS IN TEENS

NATHALIA L. FREITAS & DR. PATRICK R. HARRISON



SCAN ME

PURPOSE

- ❖ A literature review on social media's impact on teenagers' mental health, specifically related to self-harm and suicidal behavior
- ❖ Identifying early signs of suicidal behavior and what actions to take to prevent such as suicide attempts and deaths
- ❖ Presenting these findings in a language accessible to the general public
- ❖ Providing mental health resources and advice to caregivers and school administrators

SUICIDE RISK FACTORS & SOCIAL MEDIA

- ❖ **Social Contagion:** Hearing of suicides can lead to suicidal thoughts
- ❖ **Large Friendship Network:** Teens with larger friendship networks are more exposed to suicidal ideas (The Weak Ties Theory)
- ❖ **Excess and Unhealthy Social Media, Internet, and Online Technology Use:** Linked to loneliness, which increases suicide risk.
- ❖ **Harmful Content:** e.g., graphic violence, pornography, sexual exploitation, eating disorder behaviors, self-harm, and suicide content
- ❖ **Bullying or Cyberbullying**

“Social media can be compared to dessert; delicious, but too much of it can be bad, especially for teens in their developmental years.” N.F.

TEENAGERS & SOCIAL MEDIA HABITS

Should teen consume doughnuts for every meal?

If **Not**, you understand the importance of balance.



Social media habits are like “**doughnuts.**”

It is crucial to regulate **when, how, where, and what** they are consuming on social media.

Self-harm and suicide attempts increased among teens after 2011 at the same time as the burst of social media.

Average of Teen’ screen time \approx 9 hours per day online (AACAP)

SUICIDE WARNING SIGNS

Suicide is the Second Leading Cause of Teenage Death!

25% of suicides occur without warning, but in 75% of cases, people give warning signs of their intention

- ❖ Lack of connection and withdrawal from family, friends
- ❖ Suicidal threats and notes on social media
- ❖ Feeling hopeless, helpless, worthless, and a burden
- ❖ Change in behavior, sleep, routine, and discipline
- ❖ Use of alcohol, drugs, and reckless behavior
- ❖ Increase in aggression and participation in fights
- ❖ Internet search or listen to music about death and suicide
- ❖ Self-harm: Self-harm is a significant predictor of suicide
- ❖ Psychiatric Disorder: Present in 90% of those who die by suicide

SOCIAL MEDIA

THE GOOD

- ❖ Social and emotional support and connection
- ❖ Intervention tools
- ❖ Mental health resources
- ❖ Prevention space



THE BAD

- ❖ Less social (face-to-face) interaction
- ❖ Gossip and harassment
- ❖ Mood and mental state changes (negative mood)
- ❖ Constant comparison
- ❖ Less sleep time
- ❖ Addiction = less well-being
- ❖ No self-control - teens stay 2 x more online in one year than in school
- ❖ Earlier exposure to harmful or inappropriate content

SUICIDAL BEHAVIOR PREVENTION

- ❖ Screen for suicidal behavior
- ❖ seek early intervention
- ❖ Build a strong bond of trust and open communication
- ❖ create a positive and emotionally healthy environment for teens
- ❖ Limiting screen time to less than 2 hours daily
- ❖ Monitoring teens’ Internet content

MENTAL HEALTH RESOURCES

- ❖ **988 Suicide and Crisis Lifeline- Call 988** (24 hours)
- ❖ <https://www.crisistextline.org>
- ❖ NIMH (National Institute of Mental Health)
- ❖ AFSP (American Foundation for Suicide Prevention)
- ❖ AACAP (American Academy of Child & Adolescent Psychiatry)
- ❖ AAA (American Association of Suicidology)
- ❖ Mnemonic to help people remember signs and assess suicide risk

IS PATH WARM

(Ideation, Substance abuse, Purposeless, Anxiety, Trapped, Hopelessness, Withdrawal, Anger, Recklessness, Mood Changes)