

Suicide Prevention Episode Guide

Focus: Suicide prevention for black male youth, and healthy transitions through adolescence

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Key Findings

- Black youth, particularly males, account for most of suicides among Black Americans
- Black Americans account for less than 5,000 suicides in the United States, thus the public health approach focuses on those who are most at risk
- There is not enough data to answer many of the big questions on contributing factors
- Black males account for most suicide-related deaths, but they also account for a larger proportion of those deaths. Black males account for 80% of suicide related deaths
- Substance use, social isolation, trauma, and homelessness, are all the known risk factors that elevate one's risk for suicidal behavior, and suicidal death
- Growing up today for black children since the 1980s is very different than previous generations. Younger blacks are more accepting of the idea of suicide.
- Individuals with more accepting attitudes about suicide have higher rates of ideation

Key Recommendations

- Further engage Blacks, particularly Black males, in the use of mental health services
- Educate Black families and the youth on mental health and employing services
- Advance studies on how to involve younger Blacks in treatment
- Advance studies on what is most effective for treating this particular population
- Advance studies examining the impact of an intervention on suicidal behavior among Black Americans, particularly black adolescents or black males
- Continue to promote church based social support, familial support, familial connections, anything that reduces the social isolation could be protective
- Be aware of the warning signs of depression, anxiety, and suicidal ideation and consider getting youth assessed or connecting them with therapist for intervention

- Allow black boys and young men to have safe spaces to talk about how they're feeling and how they're experiencing the world and their masculinity