Script

Every day, 123 people decide to take their own life. And the number of people affected by suicide is far greater as friends and family come to grips with such tragic loss.

Among teenagers’ suicide is the 3rd highest leading cause of death. And it seems to be getting no better. Researcher Bailey Millado reports that there has been a 47 percent increase in suicidal thoughts in young adults from 2008 to 2017.

Today we will be talking about some of the causes of suicide and some ways we can help friends or loved ones who might consider this as a way out.

Teen suicide in particular has been recently linked with social media. Kids are constantly on their phones, desperately seeking likes and comments. This makes children feel validated and loved by others, but this all comes at a cost.

Aksha Memon notes that “Greater time spent on social networking websites led to higher psychological distress, an unmet need for mental health support, poor self-rated mental health, and increased suicidal ideation.”

{Insert clip of technology related to depression}

This is due to the distorted effects of social media. A simple tap for a like is not really a like. Just like posing for a photo with a filter is not really a natural picture. However, adolescents going through puberty, want to feel valued and important, which is why getting so many likes on post, confirms that they matter in other people’s lives

Not only do their bodies change, but children’s brains are also still maturing. This puberty phase makes a lot of kids feel alone, like no one understands them and what they are going through.

As Keith Hawton puts it “This vulnerability might be associated with particular developments in the cortical brain regions after puberty. Adolescents might also be more susceptible to negative social cues such as ostracism and the expectations of others.”

We also see that the thoughts of individuals during this time are often sporadic and not spread out, due to their brain not being fully developed. During the time of puberty, adolescents do not think about the hundreds of people that suicide effects, and just do it as a way to help them get out of their current situation.

{Insert clip of thoughts of suicide}

In addition to concerns linked with adolescence, a number of other factors are linked with suicide. The Department of Human Health points out that having major depression increases suicide risk. And what might be surprising to hear is that suicide can even be linked to genetics. That’s right. L Peterson explains that “Genetic influences make a major contribution to risk of suicide, which may occur independent of known psychiatric disorder. This is important because it not only increases our understanding of influences on risk of suicide, but also has implications for provision of advice to families with a history of suicide, including possible preventive initiatives.”

{Insert clip of family talk about heredity and depression}

But despite all of these concerns, there are ways to make things better. A key for those who have suicidal thoughts is regular therapy sessions with a licensed psychologist.

{Insert clip of therapy work interview}

One other solution is through the use of medications. Often, people who have suicidal thoughts will see a psychiatrist who can prescribe medications that can help reduce suicidal thoughts.

{Insert clip of patient who used medication}

Suicide is serious. But there is hope. If you ever start to have suicidal thoughts, you should tell a trusted adult and get help. Things happen in life and it won’t be easy, but it will get better.