

Teen Suicide Risk Factors, Coping Mechanisms, Treatment and Interventions A Literature Review

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The National Center for Injury Prevention and Control shows that since 1992 youth suicide rates have slowly declined. However, it is still the third leading cause of death among those ages 15 to 24. This presentation begins with a discussion on how suicide affects the lives of those who have experienced the subsequent trauma and loss of someone who has committed suicide. The discussion will then be followed by a presentation based on a literature review of empirically supported theories about teen suicide. Presentation topics include: what factors influence teen suicide and how to determine someone at risk for suicide, what coping mechanisms and strategies do teens lack when it comes to environmental stressors that could lead to suicide, and what interventions, screening techniques, and methods of treatment are available for adolescents at risk for suicide.

This presentation is the result of an assignment for a Health Psychology course at Pennsylvania State University. The presenter chose this topic because of her love of and desire to serve youth. She is currently a student in pursuit of an Applied Psychology Bachelors level degree, a volunteer for Contact Beaver Valley, a Court Appointed Special Advocate, Youth Case Manager for Job Training for Beaver County, Inc, and the proud mother of a teenaged son.

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