Youth and Senior Suicide

**Youth Suicide**

Nationwide, suicide is the third leading cause of death among youth, after accidents and homicides. One out of 10 teenagers in America attempts suicide by age 24.

Teens who attempt suicide are more impulsive than adults. Their attempts tend to derive from anger, risk taking, and drug abuse, and are influenced by romantic, mystic, and idealistic factors. Oftentimes they have lower self-esteem and are more affected by personal relationships.

**Senior Suicide**

Seniors have the highest suicide rate of any age group—even higher than youths. This isn’t because more seniors suffer from terminal illnesses than other age groups, as some people believe. Rather, seniors have the highest suicide rate because they are more likely to be socially isolated, lonely, and depressed than people of other ages and these are the risk factors most directly related to suicide. Most seniors are retired and no longer have daily interaction with co-workers. They may not feel useful anymore, or feel like they’re a burden to others. In addition, they may face financial hardships.

Seniors who attempt suicide are less impulsive than people who are younger, and they’re more likely to plan their deaths. Seniors tend to think that people around them will be better off if they die because they’ll stop being a burden. Senior suicide attempts derive more from loneliness and less from anger or drug abuse. Whereas youths average 100 attempts for every completed suicide, seniors average four attempts for each completed suicide.