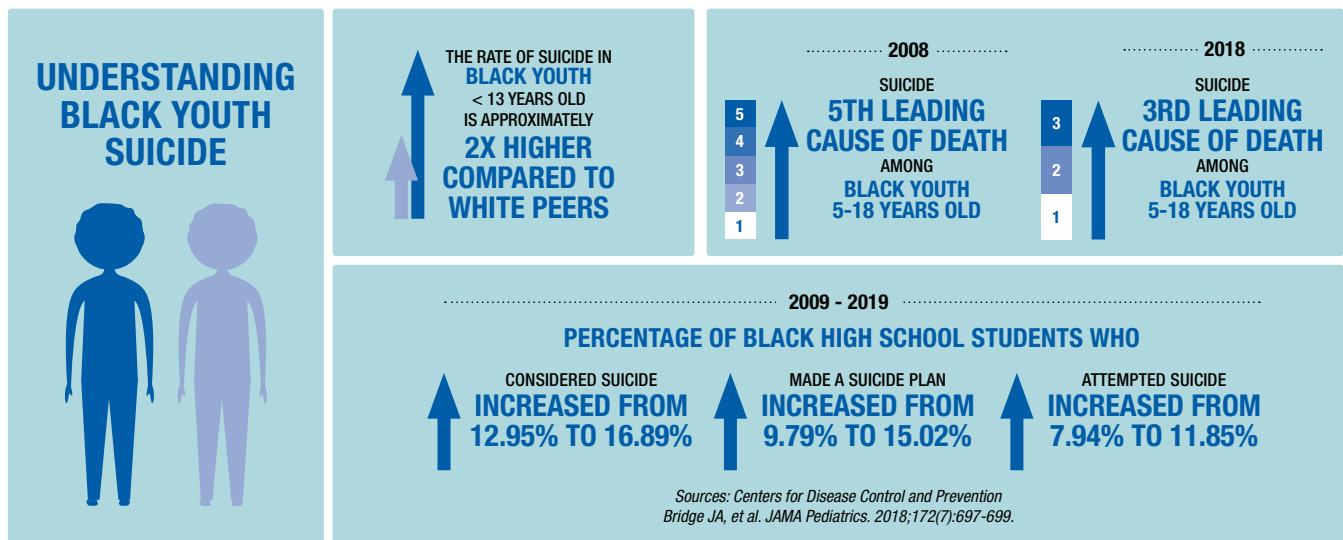


# BLACK YOUTH SUICIDE: A GROWING CRISIS

Recent research has uncovered alarming trends of youth suicide: in 2019, among young people ages 10 to 24 years old, suicide was the 2nd leading cause of death. While the increasing rates of suicide among youth have raised concern among health professionals, research has further uncovered that the suicide death rate among Black youth and teens has been increasing more rapidly than other racial groups. Rates of suicidal ideation and attempts have also risen, with research showing that the percentages of Black youth who considered suicide, made a suicide plan, and/or attempted suicide all increased significantly between 2009 and 2019. Factors contributing to youth suicide and prevention measures for black youth are important for researchers, health professionals and other practitioners to address.



## BLACK YOUTH SUICIDE AND OTHER MENTAL HEALTH DISPARITIES: CONTRIBUTING FACTORS

A number of factors contribute to mental health difficulties for youth, many of which disproportionately affect those who are Black. The lists below are followed by helpful source material for each area.

### CHILDHOOD EXPERIENCES

- Adverse childhood events (death of a parent, poverty)
- Life stressors
- Neighborhood factors
- Mental health challenges
- Previous suicidal thoughts

[Addressing the Mental Health Needs of Racial & Ethnic Minority Youth – A guide for practitioners](#)

[Black Youth Suicide: Investigation of Current Trends and Precipitating Circumstances](#)

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## RACE SPECIFIC STRESSORS

- Racism
- Discrimination
- Historical or intergenerational trauma
- Systematic oppression

[A Longitudinal Study of Racial Discrimination and Risk for Death Ideation in African American Youth](#)

## LACK OF CARE RESOURCES

- Practitioner bias
- Practitioner cultural competency and knowledge
- Low number of service providers of color

[CWS Data Tool: Demographics of the U.S. Psychology Workforce](#)

## RESOURCES

The following organizations provide mental health education and resources for Black youth and families:

[Peel Dem Layers Back](#) culturally educates, empowers and equips Black men and boys with essential tools necessary to live a mentally healthy life through a Hip-Hop lens in Cleveland, OH.

[AAKOMA Project](#) empowers youth and families of color to manage mental health and influence systems.

4 C Visuals Group (@4cvisualsgroup) seeks to 'enlighten, inform, and encourage' through media. "[I'm Good Bro: Unmasking Black Male Depression](#)"

[Life is better with you here](#) provides a list of suicide prevention resources for African American youth.

[The National Alliance on Mental Illness](#) supplies mental health education and connections for 'Black Mental Health.'

[Project LIFT](#) creates a safe space for Black youth, adults, and parents and provides behavioral health, prevention services, resources, and tools.

[The Ross Center](#) is dedicated to connecting Black youth to mental health resources within their community.

[The Suicide Prevention Resource Center](#) gives resources for education regarding suicide and mental health for Black and African American youth.

**If you or a family member are struggling with suicidal thoughts, please contact the National Suicide Prevention Lifeline: 1-800-273-8255 or text TALK to 741741 to text with a trained crisis counselor from the Crisis Text Line for free, 24/7**

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