

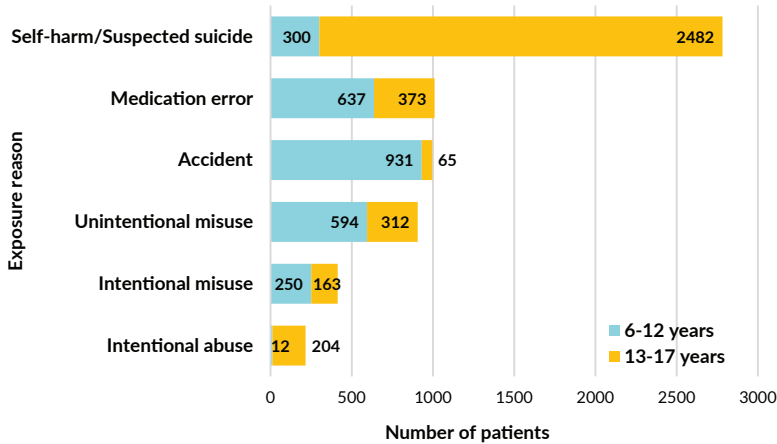


Adolescent Self-Harm & Suspected Suicide

Issued May 19, 2022 | Contact mryuk@wapc.org with questions

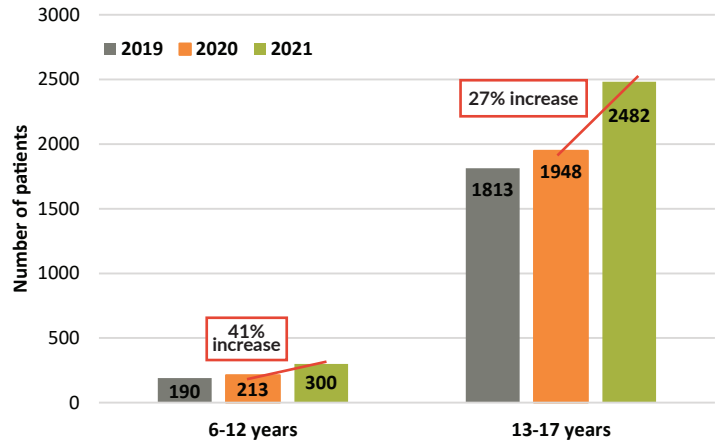
The following data analyzes poison exposures reported to the Washington Poison Center from 2019 to 2021. For definitions of data terms, see our [glossary](#). Please note that all calls to the Washington Poison Center are voluntary, meaning the following data is likely an underrepresentation of adolescent self-harm and suspected suicide in Washington.

Exposure Reasons* in Adolescent Patients by Age in 2021



*This graph does not include all exposure reasons

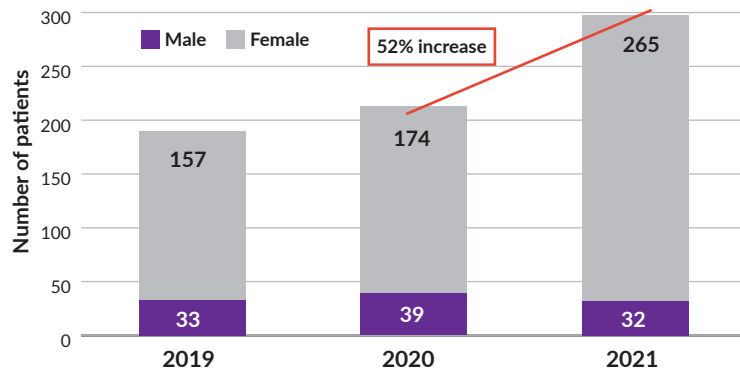
Self-harm/Suspected Suicide Patients by Age Group & Year



40% of exposures in patients 6-17 years were due to self-harm or suspected suicide

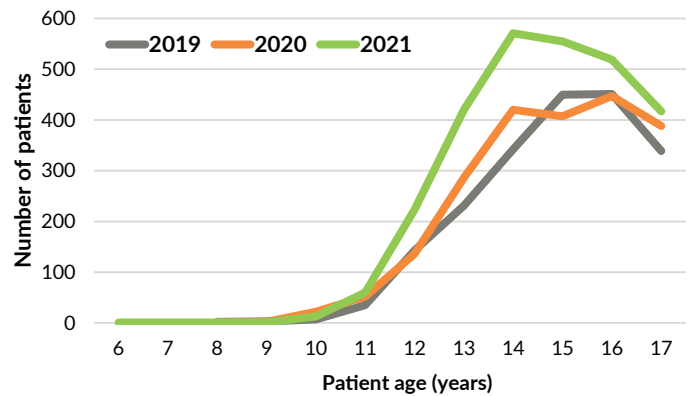
From 2019 to 2021, cases of self-harm or suspected suicide increased 58% in patients ages 6-12 years and 37% in patients ages 13-17 years

Self-Harm/Suspected Suicide Patients ages 6-12 years by Gender** & Year

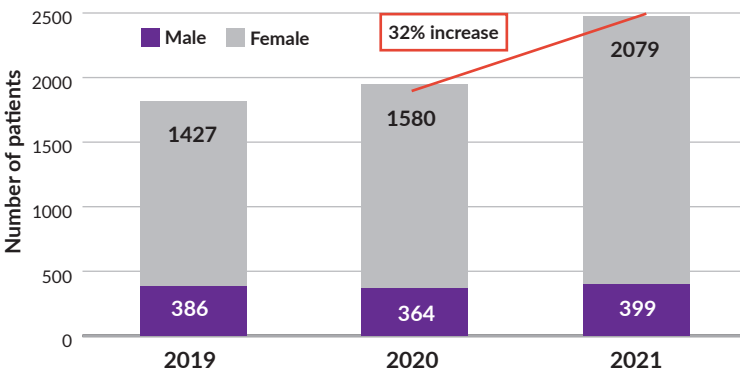


**3 patients in 2021 did not share their gender

Self-Harm/Suspected Suicide Patients by Age & Year



Self-Harm/Suspected Suicide Patients ages 13-17 years by Gender*** & Year



***4 patients in 2020 and 2021 did not share their gender

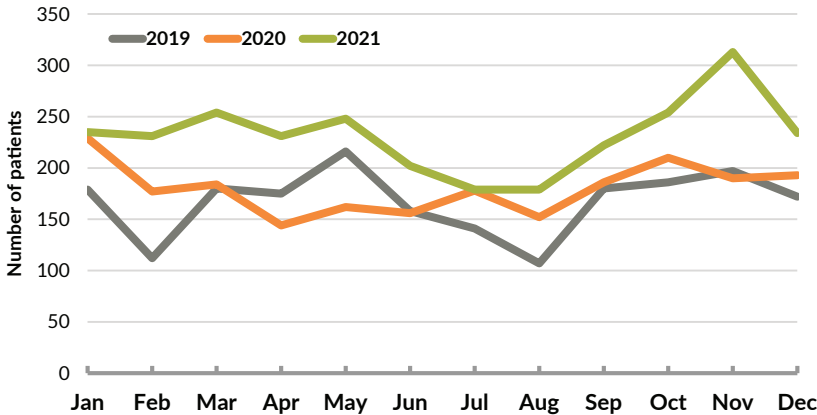
Self-Harm/Suspected Suicide Patients by Age and Year

Patient age (years)	2019	2020	2021
6-9 [±]	5	3	4
10	7	22	13
11	35	52	60
12	143	136	223
13	231	286	420
14	342	420	571
15	450	407	555
16	451	447	519
17	339	388	417

[±]The numbers of patients ages 6-9 years are combined for confidentiality



Self-Harm/Suspected Suicide Patients ages 6-17 years by Month

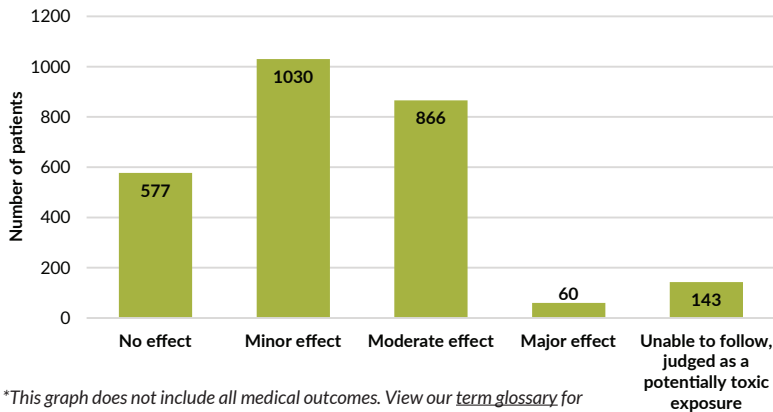


Top Substances** in Self-Harm/Suspected Suicide Patients ages 6-12 years (2021)

Substance	Number of patients
Antidepressant (fluoxetine, sertraline, or escitalopram)	88
Acetaminophen	56
Ibuprofen	41
Antihistamine (diphenhydramine)	20
Melatonin	13

**Patients may be exposed to more than one substance

Medical Outcome* for Self-Harm/Suspected Suicide Patients ages 6-17 years (2021)



*This graph does not include all medical outcomes. View our [term glossary](#) for definitions of medical outcomes. It is also important to note that cases of completed suicide are not typically referred to the poison center for consultation.

Top Substances** in Self-Harm/Suspected Suicide Patients ages 13-17 years (2021)

Substance	Number of patients
Antidepressant (fluoxetine, sertraline, or escitalopram)	576
Acetaminophen	490
Ibuprofen	434
Antihistamine (hydroxyzine)	160
Antipsychotic	126

**Patients may be exposed to more than one substance

Initial caller site for self-harm/suspected patients ages 6-17 years (2019-2021):

- 65% (n=4,503) were already in a healthcare facility when WAPC was contacted
- 17% (n=1,192) were in their own residence when WAPC was contacted
- Fewer than 1% (n=17) were at school when WAPC was contacted

Resources:

- **National Suicide Prevention Lifeline:** call 1-800-273-8255 for 24/7, free and confidential support for people in distress
 - Starting **July 16, 2022**, everyone in the United States may use **988**, the new designated three-digit code to call or text the Lifeline
- **Teen Link:** individuals younger than 21 years can call Teen Link at 866-TEENLINK (866-833-6546) to talk with a peer. The phone line is open 6 p.m. – 10 p.m. Chat and text are available 6 p.m. – 9:30 p.m.
- **Centers for Disease Control and Prevention - [Suicide Prevention](#)**
- **American Foundation for Suicide Prevention**
- **Washington State Department of Health - [Suicide Prevention](#)**
- **University of Washington - [Forefront Suicide Prevention](#)**