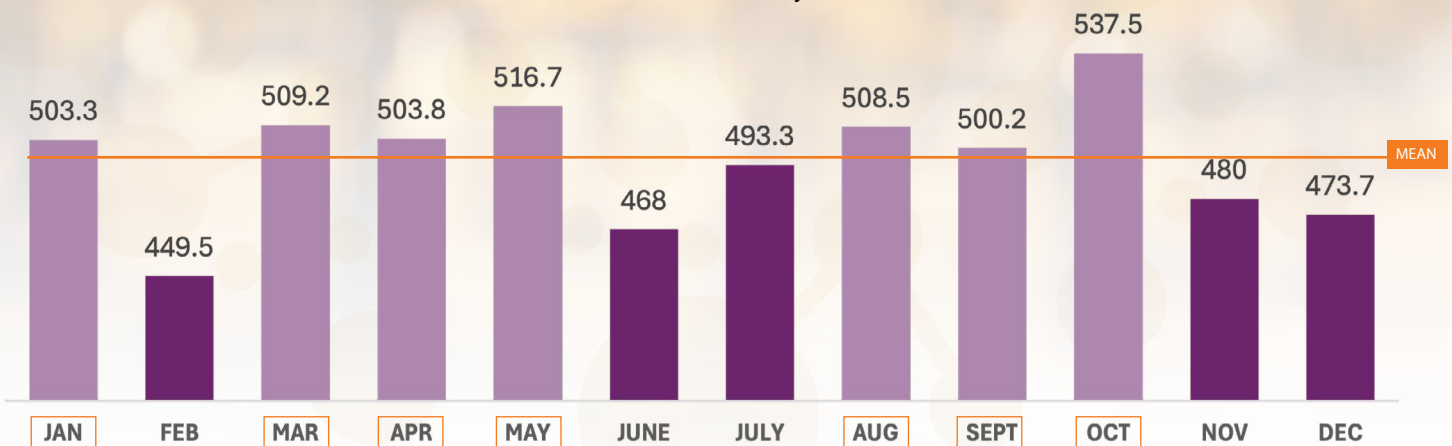


SEASONAL SPIKES IN YOUTH SUICIDE

The month with the most youth suicides? ➡ **OCTOBER.**

People often think of winter holiday blues, but **suicide rates spike** in the summer months for adults and **in October for youth**. The second highest peak for youth suicide is in May. Both October and May can be stressful academic periods for teens.

MEAN NUMBER OF YOUTH SUICIDES IN THE U.S.
AVERAGE BY MONTH, AGES 15-24



The average monthly number of suicides (ages 15-24) in the U.S. is 495.3.
Any month above the orange mean line indicates higher than average suicides in that month.

HOW TO HELP!

CORRECT THE WINTER MYTH

December, February and June have fewest number of suicides for youth ages 15-24.

UNDERSTAND THAT SEASONAL SPIKES EXIST

Youth = October & May
Adults = July & August
Neither age group spikes in the winter months.

EQUIP YOUNG PEOPLE WITH COPING SKILLS

to manage the stressful periods of their lives, and to help prevent suicide.

SOURCES | BMC Psychiatry. [Seasonal variation in suicide: age group and summer effects in the United States](#) (2015–2020). | Annenberg Public Policy Center. [Suicide Rate Is Low During the Holidays, but the Holiday-Suicide Myth Persists](#).



WISCONSIN OFFICE OF
**Children's
Mental Health**

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