



Amina Hanna, M.D.



# YOUR CHILD'S HEALTH

*Presented by the medical professionals at Midcoast Pediatrics*

## Teen Suicide

Suicide is the third leading cause of death among U.S. teens, after car accidents and homicide. Thinking about death is common for teens as they mature and think more deeply about everything, including spiritual and philosophical issues. But when thoughts of death are accompanied by feelings of hopelessness or helplessness, a teen may be at risk for a suicide attempt. Depression, one of the biggest risk factors for teen suicide, is a real and serious issue for teens. Hormones and sleep cycles change and affect mood. Stress is a common challenge triggered by schoolwork, job responsibilities, peer pressure, and relationship struggles. Substance abuse problems also put teens at risk. If you sense a teen is in trouble, get help immediately.

*Being a teen is not always easy. There are many new pressures socially, academically, and personally. For those teens that have additional problems to deal with such as body issues, life can feel even more difficult. If you suspect your teen is depressed or suicidal, there is help available. Call MIDCOAST PEDIATRICS at 207-721-8333. We are located at 121 Medical Center Drive, Suite 2600, Brunswick. New patients are welcome.*

**P.S. The National Suicide Helpline is 1-800-SUICIDE.**

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