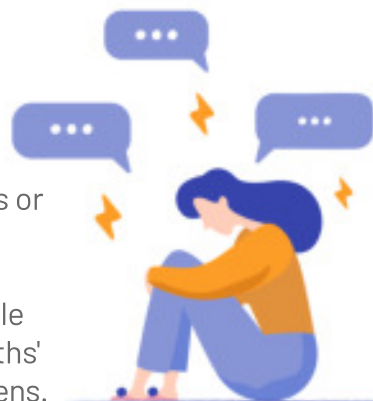


PREVENT CYBERBULLYING

IF YOUTHS ARE NOT CYBERBULLIED, THEY WILL NOT ATTEMPT SUICIDE BECAUSE OF IT. TEACH YOUTH **SELF-DEFENSIVE ONLINE BEHAVIORS** SUCH AS:

- **Do not open emails** from unknown senders. A cyberbully might be looking for a target.
- **Do not respond** to deliberately hurtful messages or posts. Cyberbullies want a reaction.
- **Do not instigate** a feud that might escalate. While doing so will not make the cyberbullying the youths' fault, there will not be much consolation if it happens.



TO HELP PREVENT CYBERBULLYING, PEOPLE CAN:

- **Maintain relationships.** Not necessarily romantic or marital, but meaningful connections with friends, family, coworkers, and neighbors—including at least some offline—can help protect against suicide.
- **Make it harder to attempt suicide impulsively.** In 2019, just over half of all suicides were with a firearm, and 85% of attempts are successful. More people try to kill themselves by drug overdose, but only 3% are successful. Keeping handguns, shotguns, and rifles out of the home—or at least unloaded and locked up—make it harder to commit suicide impulsively and successfully.
- **Take others seriously.** If people say they are being cyberbullied or feeling suicidal for whatever reason, do not just brush it aside or tell them to toughen up. Listen to them, show empathy, offer support and encouragement to get help.



KNOW THE WARNING SIGNS

WHETHER OR NOT THERE IS A CONNECTION, **SUICIDE AND CYBERBULLYING** HAVE SIMILAR WARNING SIGNS, INCLUDING WHEN A PERSON:



- **Eats or sleeps** too often, too much, or not enough.
- Seems less interested in using **electronic devices**.
- Appears angry, depressed, or frustrated **after going online**.
- **Avoids discussing** what they do online.
- Does not want to go to **school**.
- **Acts abnormally** withdrawn from friends, peers, and their family.
- **Loses interest** in previously favorite activities and things.
- **Experiences mood swings**, including anger and depression.
- Mentions feeling **hopeless**.
- Increases use of **drugs and alcohol**.
- **Inflicts self-harm**, such as cutting.
- Talks about **suicide** in passing.



HOTLINES TO CALL

NATIONAL SUICIDE PREVENTION LIFELINE

HOTLINE: 800-273-8255

CRISIS TEXT LINE-CONNECT WITH CRISIS COUNSELOR

TEXT 741741

NATIONAL ALLIANCE OF MENTAL ILLNESS (NAMI)

HELPLINE: 800-950-6264

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICE
ADMINISTRATION (SAMHSA)

HELPLINE: 800-662-4357

THE TREVOR PROJECT - TREVORLIFELINE

866-488-7386 (LGBTQ COMMUNITY MEMBERS AGES 13-24)

NATIONAL RUNAWAY SAFELINE

HOTLINE: 800-786-2929

VICTIMS OF CRIME RESOURCE CENTER

HELPLINE: 1-800-842-8467

PREVENTING SUICIDE DUE TO CYBERBULLYING

The worst possible outcome of cyberbullying is that cyberbullied individuals take their own lives. No one knows with certainty, however, how much or even if cyberbullying causes suicidal behavior.



Disclaimer:

Sunshine Behavioral Health strives to help people who are facing substance abuse, addiction, mental health disorders, or a combination of these conditions. It does this by providing compassionate care and evidence-based content that addresses health, treatment, and recovery.

Licensed medical professionals review material we publish on our site. The material is not a substitute for qualified medical diagnoses, treatment, or advice. It should not be used to replace the suggestions of your personal physician or other health care professionals.