



Toolkit on Suicide Prevention for Youth with ADHD

Children and teens with ADHD are at an increased risk for suicide, especially if they have a coexisting mental health condition. If you or someone you love are in suicidal crisis or emotional distress, call, text, or chat 988 to be connected to counselors at the [National Suicide Prevention Lifeline](#), 24 hours a day, 7 days a week, across the United States.

Quick Facts

- [ADHD & Risk of Suicide](#)
This factsheet explains the relationship between ADHD and the risk of suicide. It also presents treatments for suicidal ideation along with actions to take when someone is at immediate risk of taking their own life.
- [Treatments to Decrease the Risk of Suicide](#)
The research-supported treatments presented here can significantly lower the risk for suicide attempts,

Infographics

- [Suicide Risk Factors: What to Look For](#)
Pay attention to the risk factors for suicide that may be present in a child or teen and get them the help they need.
- [Suicide Warning Signs](#)
These warning signs can appear suddenly or more often in someone who might be in danger of ending their life soon.

Watch and Listen

- *Ask the Expert:* [ADHD and Suicide Risk Factors | Clinical Considerations for Treatment](#).
In this webinar, Dr. Roberto Olivardia provides a comprehensive view of ADHD, a thorough understanding of the facts and myths about suicide, risk factors for suicide, and important treatment considerations. (1 hr. 6 mins. 22 secs.)
- *Podcast:* [ADHD and the Struggle with Suicidal Ideation](#).
Dr. Roberto Olivardia talks about the risk factors in children and adults who have ADHD and discusses warning signs and preventive measures to help someone you think may be considering self-harm or suicide. (23 mins. 13 secs.)
- *Podcast:* [Teens, ADHD, and Suicide](#).
Dr. Jill Harkavy-Friedman talks about the warning signs parents should watch for in their children. She also provides strategies for talking to your child and teen about suicide, building a support network, and preventive measures. (20 mins.)

- *Podcast:* [ADHD, Self-Harm, and Suicide](#)
Dr. Michael Meinzer gives insight into the difference between suicidal ideation and self-harm, triggers, warning signs, treatment, and appropriate responses to help someone with suicidal thoughts. (16 mins. 17 secs.)
- *Podcast:* [ADHD and the Increasing Suicide Rate Among Black Youth](#).
Dr. Napoleon Higgins discusses how ADHD may contribute to an increased number of suicides in Black youth and why this is happening now. He makes recommendations for educators and healthcare providers regarding cultural sensitivity and offers expert advice for parents of children with ADHD on diagnosis, treatment, and suicide prevention. (27 mins. 44 secs.)
- *Conference Presentation:* [Why Is Untreated ADHD Contributing to the Increasing Suicide Rate Among Black Youth?](#)
In this presentation, Dr. Delane Casiano and Dr. Napoleon Higgins consider ADHD as a contributing factor in the increased number of suicides in Black youth. Viewers will learn about strategies to decrease risks and increase resilience in the Black community. (1 hr. 10 mins. 4 secs.)

Articles

- [Could ADHD Increase Your Child's Risk of Suicide?](#)
A recent study found that children affected by ADHD may have a slightly higher risk for suicide than their peers without ADHD. Learn about populations most at risk and prevention strategies. (*ADHD Weekly*, September 29, 2016)
- [ADHD Can Increase Risk of Suicide.](#)
Having ADHD along with other conditions can increase the risk of suicide. Parents and friends can learn how to help and support someone who is suicidal. (*ADHD Weekly*, April 15, 2021)
- [ADHD Can Increase Risks from Depression.](#)
When a young person has ADHD and co-occurring depression, the risk of suicide can increase. Learn how to help a friend or a young person who is at risk for suicide. (*ADHD Weekly*, June 1, 2017)
- Meza, Jocelyn & Samantha Chalker. [ADHD, Self-Harm, and Suicide](#).
High levels of risk-taking and sensation-seeking behaviors mark the critical periods of adolescence and young adulthood. Parents can learn ways to help their child navigate these challenges. (*Attention*, Summer 2017)
- Littman, Ellen. [The Secret Lives of Girls with ADHD](#).
Girls with ADHD sometimes fall through the cracks and often go undiagnosed. This may be due to how ADHD affects girls differently than boys and how girls often internalize their struggles. (*Attention*, December 2012)

Additional Resources

- CDC. [Suicide Prevention](#)
Facts about suicide, risk and protective factors, prevention strategies, CDC's strategic plan to reduce suicide, funded programs, and resources.

- NIMH. [Suicide Prevention](#)
Information on suicide warning signs, risk factors, treatment, who to contact for someone in a crisis, and five action steps to help someone in emotional pain. A [Spanish version](#) of the information as well as [research highlights](#) about suicide prevention are provided.
- SAMHSA. [The Lifeline and 988](#)
Information on the new 988 Suicide & Crisis Lifeline. When you call, text, or chat 988, you will be connected to trained counselors who are part of the existing Lifeline network. The previous Lifeline phone number (1-800-273-8255) will continue to be available to those in emotional distress or suicidal crisis.

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