

Good Morning!

I hope you are all doing well and having a nice week thus far! The Suicide-Related ESSENCE alerts for children under 18 and young adults (18 to 24) for the week of 11/21/2021 to 11/27/2021 were:

Suicide-Related ESSENCE Alerts: Weeks of 11/21/2021 to 11/27/2021

****ESSENCE alerts are generated by County of Residence****

ESSENCE alerts for youth < 18 years: No Alerts

ESSENCE alerts for young adults between 18 and 24 years: Shelby County

- Last week's highest report numbers were in Shelby County for young adults.
- Alerts included three suicide attempts and suicidal ideation for all others.
- There was a significant decline in youth visits last week compared to the previous week. The same pattern was seen last year during the Thanksgiving holiday.

Additional diagnoses/concerns seen during this period that can increase the risk of a child or young adults attempting or dying suicide included:

- **Risk Factors for Youth:** Although there are no alerts this week. Risk factors seen in those who visited the ER include a history of self-harm, major depressive disorder, hallucinations, anxiety, and access to household chemicals.
- **Risk Factors for Young Adults:** Depression, school issues, fighting with peers, and health issues.
- **Suicidal Behavior:** Overdosing on non-prescription/prescription drugs (i.e., Xanax, Clonidine, and Tylenol).

As a reminder, suicide-related ESSENCE alerts are generated when a specific county/region is showing an increase in the number of individuals presenting to an emergency department for suicide-related behavior, including visits for suicide attempts, intentional self-harm, and/or suicidal thoughts and feelings. These alerts are generated based on the county of residence. To find more information about suicide prevention programs and services available across Tennessee, including free training on how to identify and support those at-risk, please visit www.preventsuicidetn.com. You can also utilize our 2021-2022 Mental Health and Suicide Prevention Resource Directory found [here](#) and attached. Please let me know if you have any questions at all.

Have a good day!

~Brittany



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