One of the most feared thoughts by parents is having to bury their child. Sadly, more and more families have to plan funerals due to the raising rates of suicide. Suicide is the second leading cause of teen deaths behind vehicle fatality.

According to CNN, from 2007 to 2015, young male suicide has increased by 31%, and for young females it has doubled. For each suicide of teens, 100 attempts are made and 14% have considered it.

With these rates rising, many wonder what is causing this tragedy that is leaving many heartbroken. According to CBS News, the top causes of suicide are due to bullying both in person and online, depression, and drugs.

In cases of bullying, teens are 2 to 9 times more likely to commit suicide than people who aren’t bullied according to Bullying Statistics. More shocking, depression trumps bullying in the case of suicide as 50% of people who kill themselves are depressed, according to AFSP Suicide Facts. While one cannot get addicted to depression or bullying, drugs consume the life of many teens committing suicide. 90% of suicidal teens have a connection to drugs or alcohol, according to The Recovery Village.

At South Pointe, suicide assessments have gone up. When a student is considered a threat to himself or herself, they have to be given an assessment by a guidance counselor. The assessment determines what steps need to be taken next.

“There has been an increase since last school year. As of right now it is steady and we are managing it. I guess kids are more comfortable talking about it now,” says guidance counselor Kay Runyans.

After a family member or friend has committed suicide, it is hard to cope with the loss. Many loved ones feel a sense of guilt and failure thinking they could’ve prevented it had they known. Much anger from a suicidal loss cause family problems such as divorce, depression, and domestic violence.

South Pointe graduate Lierin Monteith Vannatta spoke about how she was impacted when a college friend committed suicide.

“Suicide is an incomprehensible act. It takes everything you thought you knew about a person, and rips it into a million tiny pieces that can never be fully restored. It turns feelings of love into feelings of sadness and leaves you with an emptiness that will never feel whole again. Always remember you are loved,” claims Vannatta.

When somebody wants to commit suicide, they live in a dark depression everyday. As people go through daily activities, they grow sadder.

Some signs of depression are tiredness, iribility, and lack of appetite according to healthyway.com.

If you notice somebody with these signs, you can help them by being a compassionate listener instead of giving advice. People with depression tend to isolate themselves, so some may have to exert your want to help without pushing it, according to helpguide.com.

For suicide prevention and help, call 1-800-273-8255.