

# Glossary of Terms

## Unit 1

**Suicidal Ideation:** thoughts about one's own death or about physical self-injury, which could range from fleeting to extensively recurring.

**Suicide Plan:** when someone has thought about a specific method of harming one's self, whether or not the individual has the intention to act, and is typically an escalation from ideation.

**Suicide Attempt:** instances where a person has tried to kill themselves, but survives.

**Non-suicidal self-injury:** when a person physically hurts themselves on purpose, but without the intention of killing themselves. The most common type is cutting, but it may also include burning, scratching, hitting, or other similar behaviors

**Mood disorders:** refers to mental health diagnoses of conditions such as depression or bipolar disorder

**Anxiety disorders:** refers to mental health diagnoses of conditions such as social anxiety, and fears and phobias.

**Family stress:** conditions such as domestic violence, marital strife or recent changes in financial or health status.

**Cyber-bullying:** bullying that occurs on social media.

**Suicide contagion:** when awareness of suicidal behavior in peers, celebrities, or that reported in news or popularized fictional accounts increases the likelihood of similar behavior in others.

**Linking activities:** practices aimed at identifying which youth need which services, and activities that support connecting those youth to appropriate care.