

# inspired

[to make healthy choices]

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## Suicide Prevention

**Suicide is a serious public health problem.**

It is the **10th leading cause of death** in the US and the 2nd leading cause for people **age 10 - 34.** (APA)

Each year, more than **41,000** individuals die by suicide. (NAMI)

**Suicide does not discriminate.**  
All genders, ages & ethnicities can be at risk.

### WARNING SIGNS



#### TALK:

Listen for statements that convey someone is feeling hopeless, has no reason to live, feels trapped or is in unbearable pain.



#### BEHAVIOR:

Look for behaviors like withdrawing or losing interest in activities, using alcohol or drugs more often, giving away possessions and saying goodbyes.



#### MOOD:

Watch for extreme mood swings, showing rage, acting anxious, agitated or depressed.

(NIMH)

### WHAT SHOULD I DO?

Family & friends are often the first to recognize warning signs of suicide and can take the first step in getting help.

- If someone tells you they are having suicidal thoughts, get help as soon as possible.
- Do not leave them alone.
- Do not promise to keep their suicidal thoughts a secret.
- If they are in immediate danger, call 911.
- Reach out to a trained professional at the **National Suicide Prevention Hotline: 1-800-273-TALK(8255).** (NIMH)

Many social media sites have a process to report suicidal content. If you see a concerning post, go to the site's help or support page and use the search terms "suicide," "suicide prevention" or "self harm." (NIMH)

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