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 988 Suicide & Crisis Lifeline by calling or texting 988 or chatting 988Lifeline.org. (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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