

# All About Suicide Prevention

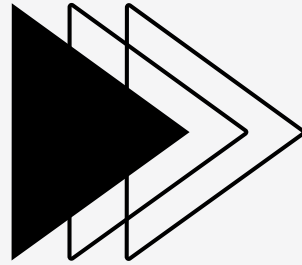


There is no single cause to suicide. It most often occurs when stressors exceed current coping abilities of someone suffering from a mental health condition.

## FACTS AND STATISTICS

OVER  
**800,000**

People die by suicide every year.



**1 DEATH**

every

**40**

seconds



### LEADING CAUSE OF DEATH

**#10**

Suicide is the 10th leading cause of death in the U.S.

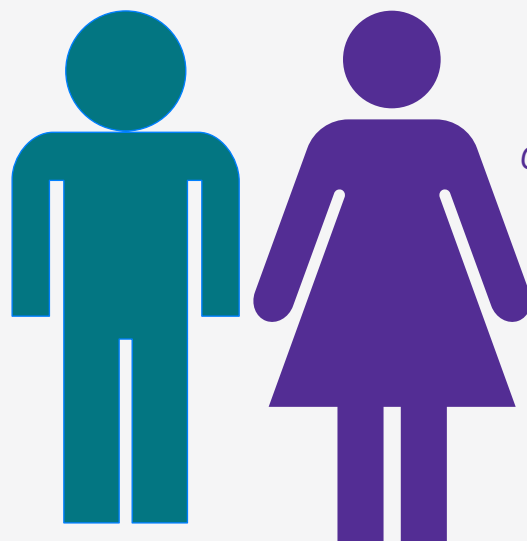
### 15-24 YEARS OLD

**20%**

20% of all suicide deaths are among 15-24 years old.

**4X**

Men are more likely to commit suicide than women.



**Firearms** are the most commonly used method of suicide for males.

**Poison** is the most commonly used method for females.

Women are more likely to have suicidal thoughts

**3X**

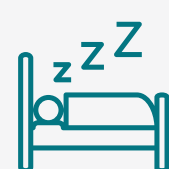
## WARNING SIGNS



Increased use of alcohol or drugs



Showing rage or seeking revenge



Sleeping too much or too little



Intense mood swings or unrelenting low mood



Looking for ways to kill oneself



Withdrawing or feeling isolated

## IN AN ACUTE CRISIS

If a friend or loved one is threatening, talking or making plans for suicide, these are signs of an acute crisis.

**DO NOT**  
leave the person alone

Remove dangerous items from the vicinity

Call **911** or the Suicide Prevention Lifeline **988**

**Suicide Prevention Day:**

SEPTEMBER 10TH

**Suicide Prevention Week:**

SEPTEMBER 5TH-11TH