

# Let's talk about suicide



There's good news and bad news about suicide. The good news is that people are talking more openly about it these days. The bad news is why: Current statistics are very alarming. They show that<sup>1</sup>:

- Each year, over one million people in the U.S. attempt suicide
- About 43,000 of them die
- Suicide is the 10th leading cause of death in the U.S.

## Who's at risk?

Older adults have the highest risk for suicide.<sup>2</sup> When elders lose loved ones and face more health challenges, they can get depressed. Without help and social support, some see suicide as the only way out of their pain.

Teens and young adults are also at high risk. Suicide is the second leading cause of death for 10-24 year olds.<sup>3</sup> But it's important to note that four out of five teens who try suicide show warning signs ahead of time.<sup>3</sup>

## Watch for the signs

Signs of suicidal thoughts or plans can include<sup>3</sup>:

- Acting depressed, helpless or worthless
- Losing interest in things
- Behaving in unusual ways like taking more risks
- Giving away personal items
- Talking about suicide and/or death

## What you can do

If you notice one or more of the signs above, always take it seriously. Try to get the person to call the National Suicide Prevention Lifeline at 1-800-273-Talk (8255) or 1-800-799-4889 (TTY). If there is imminent danger of self-harm, call 911.

Suicide has been called a "silent epidemic." But now that we're talking more openly, it doesn't have to be. By learning the warning signs, you can get help if you need it and urge others to do the same.

<sup>1</sup>Suicide: 2016 Facts and Figures. American Foundation for Suicide Prevention. Accessed May 2017.

<sup>2</sup>In U.S., who is at highest risk for suicide? Population Reference Bureau. Accessed May 2017.

<sup>3</sup>Signs and concerns. The Parent Resource Program. The Jason Foundation. Accessed May 2017.

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