

# Suicide is a leading cause of death, but one that is generally preventable.



We can all work together to save lives. You can make all the difference for someone.



## The sobering facts

Over the past two decades, suicide in the U.S. has increased by **35 percent**.<sup>1</sup>

The U.S. is one of the few countries whose national suicide rate is steadily increasing. It's at its highest in **30 years**.<sup>2</sup>

## Our youth at risk

Suicide is the **2nd leading cause of death** for youth between 10 and 24 years of age and adults between 25 and 34.<sup>4</sup>

**25 percent of young adults** aged 18-24 contemplated suicide over a 30-day period last year amid pandemic stress.<sup>5</sup>



Youth suicide rates are at their highest in recent history.<sup>3</sup>

Nearly **one in 5 high school students** last year considered suicide over a 12-month period.<sup>6</sup>



*We need to — and can — get to people sooner with help and hope.*

## Opportunities to make a difference

For every death by suicide there are more than **30 nonfatal attempts**. About 40 percent of those receive no medical attention.<sup>7</sup>

Mental health issues that could be addressed are believed to be present in **90 percent** of those who die by suicide.<sup>8</sup>

Half of all lifetime **mental illness begins by age 14 and 75 percent by age 24**. Average delay of onset of symptoms and treatment is **11 years**.<sup>9</sup>

## Our call to action

Join Resources For Living and The American Foundation for Suicide Prevention (AFSP) in preventing suicide. Let's do something by saying something. During September, Suicide Prevention Month, find the tools and resources below to increase awareness — you could help save life.



### TALK SAVES LIVES TRAINING

Complete a brief online, interactive training, Talk Saves Lives, created by The American Foundation for Suicide Prevention. Talk Saves Lives covers suicide awareness — the research, the risk factors and warning signs and things we can all do to change the heartbreaking trend on this leading cause of death.

**Visit your member website and select the Talk Saves Lives Training under Services > Helpful links.**

### GETTING HELP

If you are concerned that you or someone you know is at risk for suicide, call the National Suicide Prevention Lifeline at **1-800-273- 8255 (TALK)**. It's available 24/7 and is free and confidential.

You can also connect with a crisis counselor 24/7 by texting the **Crisis Text Line. Text TALK to 741741.**

Save this info in your cell phone for easy access.

<sup>1</sup> Centers for Disease Control| NCHS Data Brief, No 362, April 2020.

<sup>2</sup> Fond, G., Liorca, P.M., Boucekine, M., et al (2016) Scientific Reports, 6:20256. Doi:10.1038/srep20256.

<sup>3</sup> NCHS Data Brief, no 352. Hyattsville, Maryland: National Center for Health Statistics.

<sup>4</sup> National Institutes of Mental Health. Updated January 2021.

<sup>5</sup> CDC Morbidity and Mortality Weekly Report, August 2020.

<sup>6</sup> Centers for Disease Control and Prevention (2020) in Youth Risk Behavior Survey. Data Summary and Trends Report, 2009-2019.

<sup>7</sup> Suicidal Ideation and Behavior in Adults. Published December 2020.

<sup>8</sup> Internal Journal of Environmental Research and Public Health. Published September 2018.

<sup>9</sup> Mentalhealthfirstaid.org; National Council for Mental Wellbeing. November, 2020.