



Suicide Prevention

Suicide is a word that many of us find hard to think about, let alone talk about. But you can help prevent suicide by learning the warning signs, understanding available resources, and becoming comfortable with uncomfortable conversations.

Alarming Statistics

According to the Centers for Disease Control and Prevention, between 2000-2021, suicide rates increased by approximately 36%. In 2021:

- Suicide was responsible for 48,183 deaths, which is about one death every 11 minutes
- An estimated 12.3 million American adults seriously thought about suicide, 3.5 million planned a suicide attempt, and 1.7 million attempted suicide
- Suicide was among the top 9 leading causes of death for people ages 10-64
- Suicide was the second leading cause of death for people ages 10-14 and 20-34

Suicide Warning Signs

You can't always tell when someone is considering suicide. To learn about common signs of suicide ideation, visit

<https://www.nimh.nih.gov/health/publications/warning-signs-of-suicide>

Reducing Stigma

If someone says they are thinking about suicide or says things that sound like they are considering suicide, take the situation seriously. If you're not sure what to do, start by asking questions and get help if needed.

Start by Asking Questions

The first step is to find out whether the person is in danger of acting on suicidal feelings. Be sensitive, but ask direct questions, such as:

- How are you coping with what's been happening in your life?
- Do you ever feel like just giving up?
- Are you thinking about dying?
- Are you thinking about hurting yourself?
- Are you thinking about suicide?
- Have you ever thought about suicide before, or tried to harm yourself before?
- Have you thought about how or when you'd do it?
- Do you have access to weapons or things that can be used as weapons to harm yourself?

Asking about suicidal thoughts or feelings won't push someone into doing something self-destructive. In fact, offering an opportunity to talk about feelings may reduce the risk of acting on suicidal feelings.

For Immediate Help

If you feel someone is in imminent danger, or if someone has attempted suicide, call 911 or the local emergency number immediately.

FREE Helpful Resources (available 24/7/365)

988 Suicide & Crisis Lifeline

Call or text 988

Chat at 988lifeline.org

Crisis Text Line

Text "HOME" to 741741

Chat at crisistextline.org

Veteran's Crisis Line

Call 988 and press 1

Text 838255



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