

## SUICIDE FACTS

Suicide can be preventable through education. It is important to be aware of the warning signs and to help the individual seek assistance.

### Facts about Suicide:

- Suicide is the tenth leading cause of death in the U.S., claiming approximately 30,000 lives each year.
- Suicide per CDC is the third leading cause of death among those aged 14-55.
- Most suicidal persons give definite warning signs of their suicidal intentions, but others are often unaware of the significance of these warnings or unsure what to do about them.
- Firearms are the most common method of suicide across all age, sex, and ethnic groups, and rates are increasing.
- Talking about suicide does NOT cause someone to be suicidal, nor does it mean that someone is less likely to commit suicide.

### Warning Signs:

- Giving away prized possessions
- Feelings of worthlessness or guilt
- Change in eating habits and sleep patterns
- Extreme personality changes
- Aggressive, destructive, or defiant behavior
- Neglect of personal appearance or hygiene
- Increase in alcohol or drug consumption
- Talking, writing or drawing about their own death
- Withdrawing from family or friends

*(Sources: CDC – Center for Disease Control, WHO - World Health Organization, AAS – American Association of Suicidology, NAMI- National Alliance on Mental Illness, NIMH – National Institute of Mental Health, SMH – Screening for Mental Health*