

# SUICIDE PREVENTION

## We can all prevent suicide

Suicide is a serious public health problem that can have long-lasting effects on individuals, families, and communities. The good news is that suicide is preventable. Preventing suicide requires strategies at all levels of society. This includes prevention and protective strategies for individuals, families, and communities. Everyone can help prevent suicide by learning the warning signs, promoting prevention and resilience, and committing to social change.

## Hope can happen

Suicide is not inevitable for anyone. By starting the conversation, providing support, and directing help to those who need it, we can prevent suicides and save lives.

Evidence shows that providing support services, talking about suicide, reducing access to means of self-harm, and following up with loved ones are just some of the actions we can all take to help others.

## Know the risk factors

Risk factors are characteristics that make it more likely that someone will consider, attempt, or die by suicide. They can't cause or predict a suicide attempt, but they're important to be aware of.

- Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders, and certain personality disorders
- Alcohol and other substance use disorders
- Hopelessness
- Impulsive and/or aggressive tendencies
- History of trauma or abuse
- Major physical illnesses
- Previous suicide attempt(s)
- Family history of suicide
- Job or financial loss
- Loss of relationship(s)
- Easy access to lethal means
- Local clusters of suicide
- Lack of social support and sense of isolation
- Stigma associated with asking for help

## Risk factors (cont.)

- Lack of healthcare, especially mental health and substance abuse treatment
- Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma
- Exposure to others who have died by suicide (in real life or via the media and Internet)

## Know the warning signs

Some warning signs may help you determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change. If you or someone you know exhibits any of these, seek help by calling the Lifeline.

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

## FOR MORE INFORMATION CONTACT US

Iroquois Center for Human Development  
(620) 723 - 2272

Source: National Institute of Mental Health



# SUICIDE PREVENTION

## Statistics

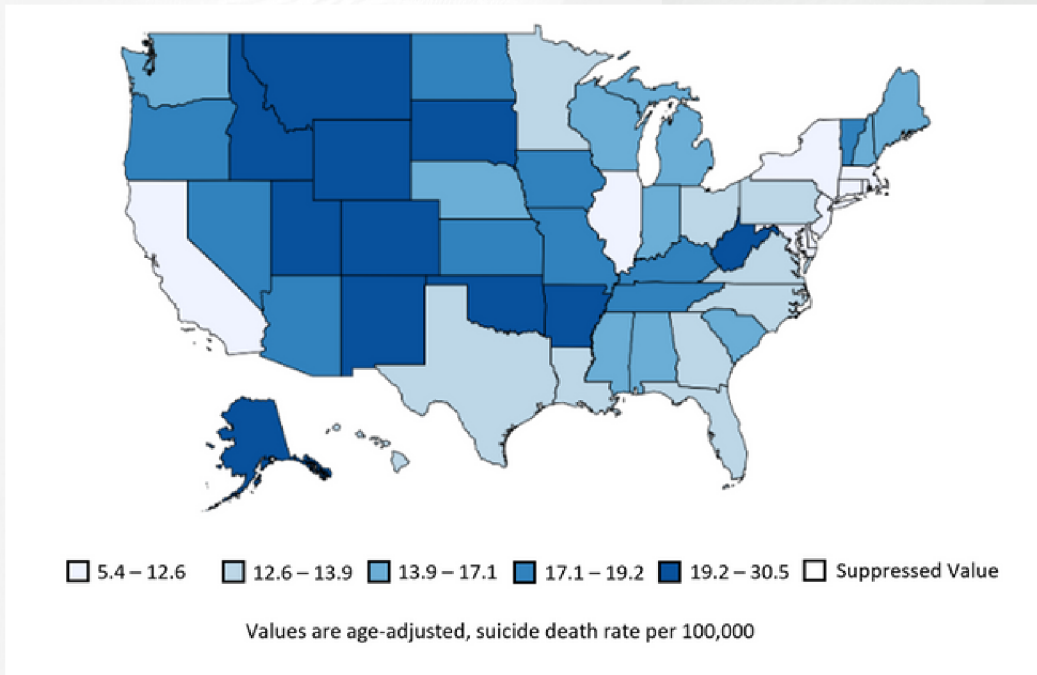
Suicide is a Leading Cause of Death in the United States

According to the Centers for Disease Control and Prevention (CDC) WISQARS Leading Causes of Death Reports, in 2020:

- Suicide was the twelfth leading cause of death overall in the United States, claiming the lives of over 45,900 people.
- Suicide was the second leading cause of death among individuals between the ages of 10-14 and 25-34 , the third leading cause of death among individuals between the ages of 15-24, and the fourth leading cause of death among individuals between the ages of 35 and 44.
- There were nearly two times as many suicides (45,979) in the United States as there were homicides (24,576).

### Suicide Rates by State

Just as state population numbers and age distributions vary, suicide rates can vary widely from state to state. Based on data from the CDC WISQARS Fatal Injury Data Visualization Tool, Figure 4 shows a map of the United States with each state's age-adjusted suicide rate in 2020 indicated by color. (Data courtesy of CDC)



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## Statistics

### Number of Suicide Deaths by Method

The table below includes information on the total number of suicides for the most common methods.

In 2020, firearms were the most common method used in suicide deaths in the United States, accounting for over half of all suicide deaths (24,292).

Suicide by Method (2020) Data Courtesy of CDC	
Suicide Method	Number of Deaths
Total	45,979
Firearm	24,292
Suffocation	12,495
Poisoning	5,528
Other	3,664

If you are in crisis, call or text the 988 Suicide & Crisis Lifeline at 988, available 24 hours a day, 7 days a week.

The Lifeline provides confidential support to anyone in suicidal crisis or emotional distress.

Support is also available via live chat.

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