



Past year suicidal thoughts and behaviors among U.S. Adults (2019)

12 million adults

had serious thoughts of suicide



and out of those

3.5 million

made suicide plans



1.2 million

made plans and attempted suicide

1.4 million

attempted suicide

217,000

made no plans and attempted suicide

Recognize the Signs and Symptoms of Potential Suicide Victims

Behavior

Making a plan or looking for a way to kill themselves

Withdrawing from family and friends



Giving away important possessions

Using alcohol or drugs more often



Mood



Displaying extreme mood swings, suddenly changing from very sad to very calm or happy

Acting anxious or agitated

Showing rage or talking about seeking revenge

Changing eating and/or sleeping habits



Talk

Wanting to die or wanting to kill themselves

Being a burden to others

Great guilt or shame

Feeling trapped or feeling that there are no solutions



Feeling empty, hopeless, or having no reason to live

Saying goodbye to friends and family