



**Suicide is a leading cause of death  
in the United States**



**45,979**  
**deaths in 2020**  
one death every 11 minutes

**Ages 10-64**

In 2020, Suicide was among the top 9 leading causes of death

**Ages 10-14 and 25-34**

Suicide was the second leading cause of death



**Past year suicidal thoughts  
and behaviors among  
U.S. Adults (2020)**

**12.2 million adults**  
had serious thoughts of suicide



— and out of those —

**3.2 million**  
made suicide plans

**1.2 million**  
attempted suicide

**920,000**  
made plans and  
attempted suicide

**283,000**  
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

