

## SUICIDE PREVENTION AWARENESS



Suicide is a leading cause of death in the United States

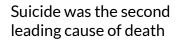


45,979
deaths in 2020
one death every 11 minutes

Ages 10-64

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

Ages 10-14 and 25-34





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

