

SUICIDE PREVENTION AWARENESS



49,000+ deaths in 2022



one death every 11 minutes

Ages 15 – 29

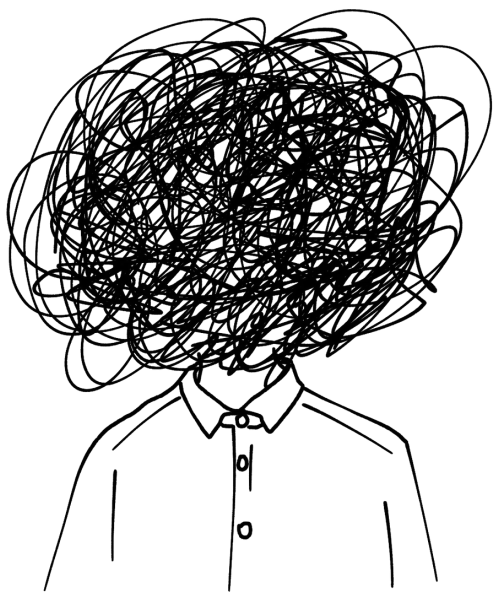
In 2022, suicide was the 3rd leading cause of death



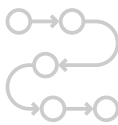
Suicide is a leading cause of death in the United States.

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Suicide statistics in the United States (2022)



13.2 million people seriously **thought** about suicide



3.8 million people made a **plan** for suicide



1.6 million people **attempted** suicide

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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
- Feeling trapped or feeling that there are no solutions
- Feeling empty, hopeless, or having no reason to live
- Great guilt or shame
- Saying goodbye to friends and family

