



# NATIONAL SUICIDE PREVENTION MONTH



foundcare

Acknowledging the individuals, families, and communities that have been impacted.

## INDIVIDUAL IMPACT

79%

of all people who die by suicide are male.

4x

Although more women than men attempt suicide, men are 4x more likely to die by suicide.

## Suicide is...

The 2nd leading cause of death among people aged 10-14.

The 3rd leading cause of death among those aged 15-24.

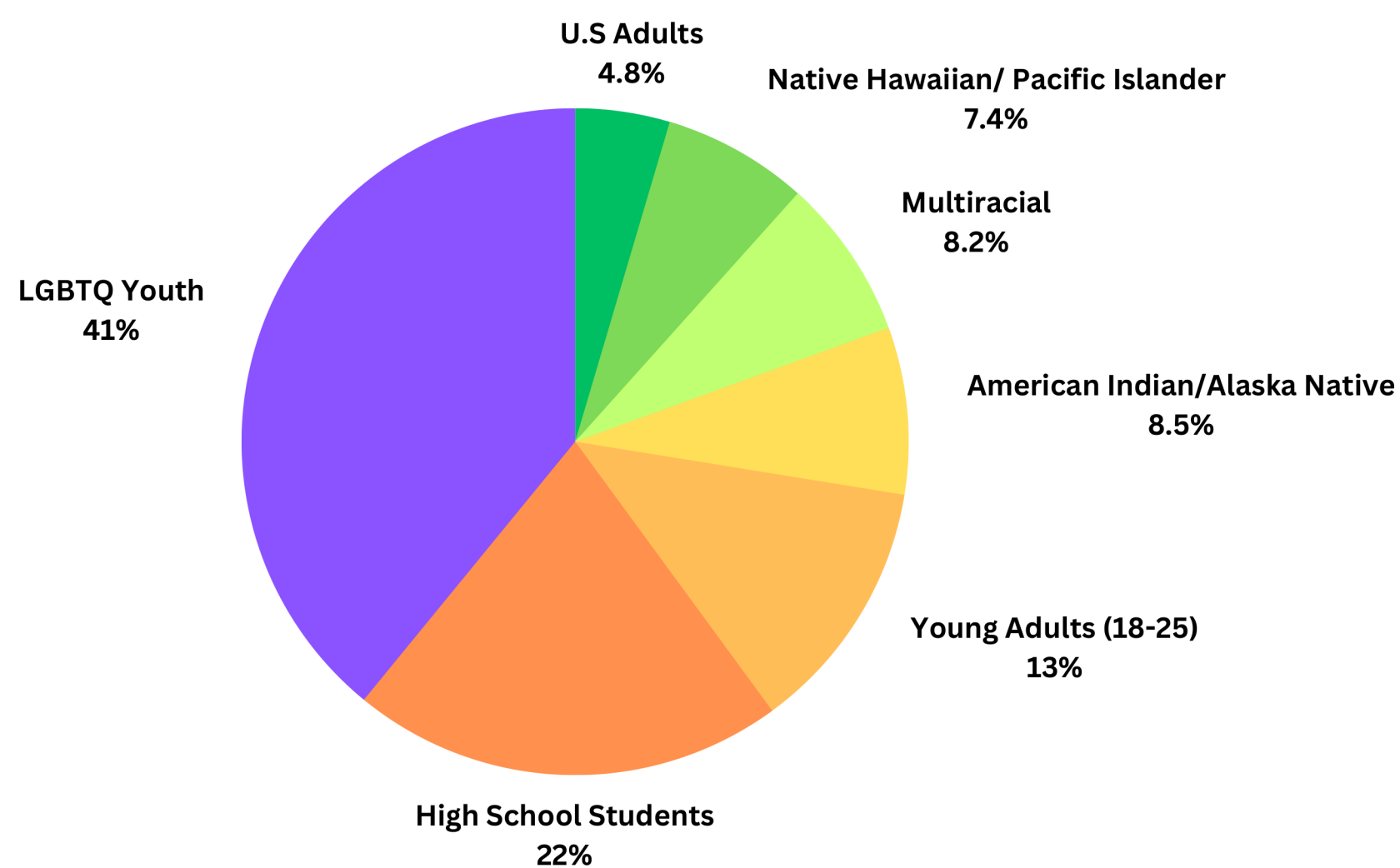
The 12th leading cause of death overall in the U.S.

46%

of people who die by suicide had a diagnosed mental health condition — but research suggests that 90% may have experienced symptoms of a mental health condition

## COMMUNITY IMPACT

### Annual prevalence of serious thoughts of suicide, high risk populations:



The highest rates of suicide in the U.S. are among American Indian/Alaskan Natives, followed by Non-Hispanic Whites.

Lesbian, gay and bisexual youth are 4x more likely to attempt suicide than straight youth.

Transgender adults are nearly 9x more likely to attempt suicide at some point in their life compared to the general population.

Suicide is the leading cause of death for people held in local jails.

## SUPPORT IN A CRISIS

When a suicide-related crisis occurs, friends and family are often caught off-guard, unprepared and unsure of what to do. The behaviors of a person experiencing a crisis can be unpredictable, changing dramatically without warning. Here are a few ways to approach a suicide-related crisis:

- Talk openly and honestly. Don't be afraid to ask questions like: "Do you have a plan for how you would kill yourself?"
- Remove means such as guns, knives or stockpiled pills
- Calmly ask simple and direct questions
- If there are multiple people around, have one person speak at a time
- Express support and concern
- Don't argue, threaten or raise your voice
- Don't debate whether suicide is right or wrong
- If you're nervous, try not to fidget or pace
- Be patient



988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress. People can call or text 988 or chat 988lifeline.org for themselves or if they are worried about a loved one who may need crisis support.