



SEPTEMBER IS

SUICIDE PREVENTION AWARENESS MONTH

SAMHSA
U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES

Suicide prevention is a critical issue that demands compassion, understanding, and action. By promoting mental health education and reducing the prejudice associated with seeking help, suicide prevention awareness aims to empower individuals and communities to save lives. It's about understanding that mental health is just as important as physical health, and that it's okay to reach out for help.

Risk Factors

- Previous suicide attempt(s) and/or family history of suicide
- Job, financial, and/or significant relationship loss
- Substance misuse and/or Substance Use Disorder
- Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders, and certain personality disorders
- Lack of healthcare, especially mental health and substance misuse treatment

Warning Signs

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about being a burden to others
- Withdrawing or isolating themselves
- Increasing the use of alcohol or drugs

Myth vs. Fact

MYTH: Suicide can't be prevented.

FACT: Suicide can be prevented; it is imperative to know the warning signs and resources available to intervene for those in mental health crisis.

MYTH: Suicidal thoughts don't go away.

FACT: Suicidal ideation can come and go, and with proper treatment, an individual can lessen and even stop thinking about suicide altogether.

MYTH: Discussing suicide with someone you're concerned about increases the likelihood that they will do it.

FACT: Talking about suicide does not increase the likelihood but rather lessens the stigma and increases the chances that someone will reach out for help.

988: National Suicide & Crisis Lifeline

By dialing or texting 988, people can connect with trained counselors who offer support and guidance for mental health-related distress, including suicidal thoughts and crisis intervention. This service is available 24/7, ensuring immediate access to help whenever it is needed and saving lives through timely intervention.

Quick U.S. Stats

- 49,449 people died by suicide in 2022
- There is one suicide death every 11 minutes
- The majority of suicide deaths are completed by males

Suicide Data and Statistics | Suicide Prevention | CDC. (n.d.). <https://www.cdc.gov/suicide/suicide-data-statistics.html>



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“Suicide is not inevitable for anyone. By starting the conversation, providing support, and directing help to those who need it, we can prevent suicides and save lives.”

- National Suicide & Crisis Lifeline