

SUICIDE PREVENTION

There is no single cause to suicide. It most often occurs when stressors exceed current coping abilities of someone suffering from a mental health condition.

SUICIDE PREVENTION DAY - SEPTEMBER 10TH
SUICIDE PREVENTION WEEK SEPTEMBER 9TH—15TH

Facts & Statistics

OVER **800 000**

people die by suicide every year.

1 DEATH
every
40 seconds

There are more deaths from suicide than from war and homicide together.

57%

LEADING CAUSE OF DEATH

#10 Suicide is the 10th leading cause of death in the US.

15 TO 24 YEARS OLDS

20% 20% of all suicide deaths are among 15 to 24 year olds.

Men are **4X** more likely to commit suicide than women.



POISON is the most commonly used method for females.



Women are **3X** more likely to have suicidal thoughts than men.

FIREARMS are the most commonly used method of suicide for males.



Warning Signs



Increased use of alcohol or drugs



Intense mood swings or unrelenting low mood



Showing rage or seeking revenge



Look for ways to kill oneself



Withdrawing or feeling isolated



Sleeping too much or too little

IN AN ACUTE CRISIS:

If a friend or loved one is threatening, talking or making plans for suicide, these are signs of an acute crisis.

DO NOT leave the person alone

Remove dangerous items from the vicinity
Call 911 or the Suicide Prevention Lifeline

Suicide Prevention Week 2018

Working Together to Prevent Suicide



suicidepreventable.org

Each Word Matters: California's Mental Health Movement supports the suicide prevention method.