

# Suicide Prevention: Facts and Risks

The Center for Disease Control (CDC) reported that in 2014, there were more than 40,000 deaths by suicide in the United States. Suicide is the 10th leading cause of death among all ages.

There is no one cause for suicide. Risk factors include social isolation, substance use, mental illness, and situational crises.

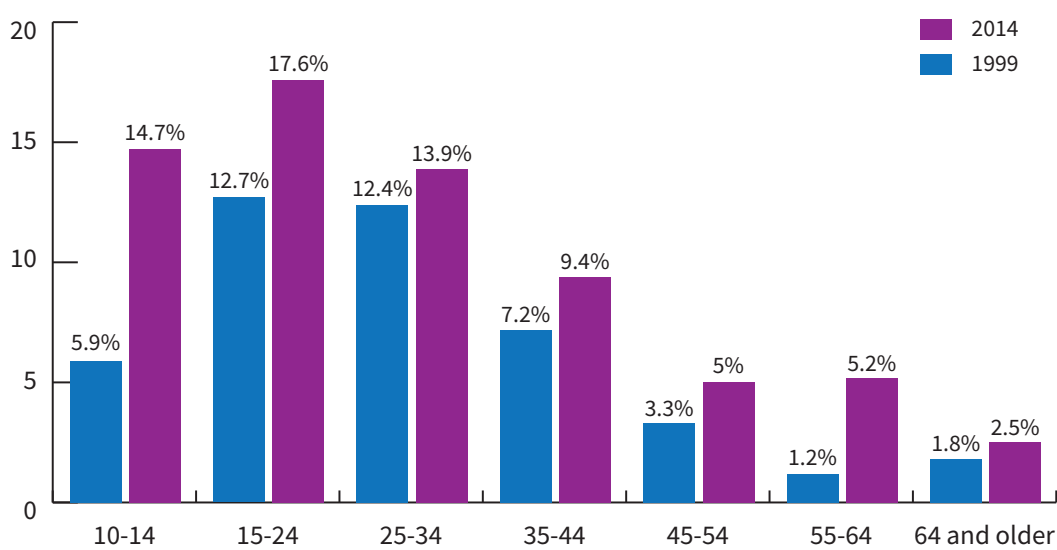
If someone you know is considering suicide, talk to them. Listen to them. Let them know that you are there with them and that they are not alone.



(cdc.gov)

On average, there are 117 suicides per day (<https://afsp.org/about-suicide/suicide-statistics/>)

The amount of suicides in the US has increased significantly between 1999 and 2014



<http://webappa.cdc.gov/cgi-bin/broker.exe>



The CDC's 2014 Data and Statistics Fatal Injury Report shows that men are **4x more likely to die** by suicide, but women **attempt suicide 3x as often as men.**

According to Mental Health America, the risk of completed suicide is **more than 100 times greater than average** in the first year after an attempt. This risk was **200x greater for people age 45+** and **300x greater for white men age 65+.**

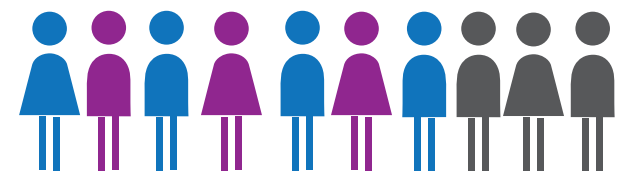
Suicide rates in the United States jumped **24%** in the years between 1999 and 2014. (cdc.gov)



The U.S. Department of Veteran Affairs estimated that an average of **22 veterans** die from suicide each day. In 2014, about **65%** of veterans who died by suicide were age 50+.



**30% to 70%** of suicide victims suffer from major depression or bipolar disorder.



<http://www.mentalhealthamerica.net/suicide>

## Know the signs:

- Feeling that they are a burden to others
- Feeling trapped
- Increased use of alcohol or drugs
- Looking for a way to kill themselves, such as searching online for materials or means
- Acting recklessly
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Giving away prized possessions

## Talk to someone:

**Suicide Prevention Lifeline:** 1-800-273-TALK (1-800-273-8255)  
The toll-free call goes to the nearest crisis center

**Veterans Crisis Line:** 1-800-273-8255 and press 1, or text 838255

**The Trevor Project:** 1-866-4-U-TREVOR (866-488-7386)  
Help line for LGBTQ young people ages 13 to 24

**The LGBTQ National Help Center**  
Hotline: 1-888-THE-GLNH (888-843-4564)

**SAMHSA Treatment Referral Helpline:** 1-877-SAMHSA7 (1-877-726-4727)