

PREVENTING SUICIDE

It can be hard to know how to deal with all the things life throws at us. For some, taking their own life can seem like the only option. Even one death by suicide is too many. It's important to know that there is help and there is hope.

Quick facts

Suicide is the
2ND
leading cause of
death among
people ages 10-24.¹

12.3%
of 12-17 year olds
seriously
considered
attempting suicide
in the last year.²



BOYS

are more likely
to **die** from
suicide

even
though

GIRLS

are more likely
to **attempt**
suicide.³



Warning signs

If you think someone you know is considering suicide, look for these warning signs:

- Threats of suicide — either direct or indirect
- Verbal hints such as “I won’t be around much longer” or “It’s hopeless”
- Obsession with death
- Depression
- Overwhelming sense of guilt, shame, or rejection
- Putting affairs in order (for example, giving or throwing away favorite possessions)
- Sudden cheerfulness after a period of depression
- Dramatic change in personality or appearance
- Becoming angered easily
- Bizarre thoughts
- Changes in eating or sleeping patterns
- Changes in school performance
- Lack of interest in future plans

If someone is at risk, it is time to ACT:

A is for Ask

Ask your friend if they are considering suicide or if they have a plan to end their life. This can feel really hard to do, but it's okay to be direct. Try to be nonjudgmental and show you care.

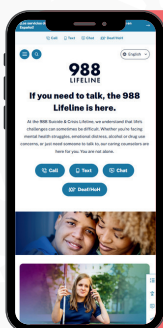
C is for Care

If you think someone is in immediate danger, stay with them and offer to go with them to find help. Do your best to sympathize and offer support. Try not to leave someone with suicidal thoughts alone.

T is for Tell

Tell a trusted adult what's going on. Your friend might ask you not to tell anyone, but you should never keep talk of suicide a secret. It is worth breaking trust to save a life. You should never try to handle the situation by yourself.

If you just don't feel right or notice that someone else is struggling, it's important to get help. If you need help starting a conversation, visit mhanational.org/timetotalk for tips.



In crisis?

Call or text 988, chat at 988lifeline.org, or text HOME to 741741. Trained counselors are available 24/7.

Sources

¹<https://wisqars.cdc.gov/lcd>

²<https://www.samhsa.gov/data/sites/default/files/reports/rpt47095/National%20Report/National%20Report/2023-nsduh-annual-national.pdf>

³<https://www.sciencedirect.com/science/article/abs/pii/S0165032722006103?via%3Dihub>