**Suicide Prevention**

**Suicide Statistics:**

* Suicide is the 10th leading cause of death in the United States.
* One suicide occurs on average every 13.3 minutes in the United States.
* Suicide is the 2nd leading cause of death among 15 to 24 year olds.
* It is estimated that five million living Americans have attempted to kill themselves.
* More people in the United States die by suicide each year than by homicide.

When suicide intent or risk is detected early, lives can be saved. It’s important to know the signs that someone may be at risk of suicide.

**Warning Signs:**

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself

- Looking for ways to kill oneself by seeking access to firearms, available pills, or other means

- Talking or writing about death, dying, or suicide when these actions are out of the ordinary

- Feeling hopeless

- Feeling rage or uncontrolled anger or seeking revenge

- Acting reckless or engaging in risky activities - seemingly without thinking

- Feeling trapped - like there's no way out

- Increasing alcohol or drug use

- Withdrawing from friends, family, and society

- Feeling anxious, agitated, or unable to sleep or sleeping all the time

- Experiencing dramatic mood changes

- Seeing no reason for living or having no sense of purpose in life

Developed by the U.S. Department of Health and Human Services – Substance Abuse and Mental Health Services Administration (SAMHSA)

**Get Involved:**

* Be available, show interest and support
* Ask if he/she is thinking about suicide
* Be direct. Talk openly and freely about suicide
* Be willing to listen. Accept the feelings.
* Be non-judgmental.
* Don’t ask why, offer empathy.
* Don’t be sworn to secrecy, offer hope.

**Seek Help**: Talk to someone! Contact:

* A community mental health Agency
* A physician
* A religious leader
* A crisis intervention line
* Or 911

For more information, or if you or someone you love is struggling with suicidal thoughts please contact us, The Depot Counseling Center at 618-263-4970.