

It's Okay to Talk About **SUICIDE**

Thoughts of giving up and suicide can be frightening. Not taking these kinds of thoughts seriously can have devastating outcomes.

Suicide is **NOT** the answer.

2nd Suicide is the 2nd leading cause of death for people ages 10-34

46% of people who die by suicide have a diagnosed mental health condition

The overall suicide rate has increased 31% since 2001

90% of people who die by suicide have experienced symptoms of a mental health condition

Suicide is the 10th leading cause of death in the U.S.

If you start thinking about suicide, seek help. Call or text a crisis line or a trusted friend.




Make an appointment with a health care professional to talk about what you're thinking or how you're feeling.



Suicidal thoughts are a symptom, just like any other — they can be treated, and they can improve over time.




HIGH RISK POPULATIONS

75% of all people who die by suicide are male 

4x Lesbian, gay and bisexual youth are four times more likely to attempt suicide than straight youth

Transgender people are 12 times more likely to attempt suicide than the general population **12x**

 If you are concerned about suicide and don't know what to do, call the National Suicide Prevention Lifeline at 1-800-273-8255.

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

 NAMI HelpLine
800-950-NAMI (6264)

 NAMI

 NAMICommunicate

 NAMICommunicate

 www.nami.org



If you or someone you know is in crisis, or is experiencing suicidal thoughts, call the National Suicide Prevention Lifeline at 800-273-TALK (8255) or call 911 immediately.

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Faith Communities: a Natural Setting for Suicide Prevention

Faith communities provide a natural setting for suicide prevention. Spiritual beliefs and practices can help people experience greater hope and meaning in their lives. Faith communities also can provide opportunities for developing positive relationships with others and can be an important source of support during difficult times.



Faith communities can raise awareness of suicide, including its warning signs, how to support those at risk for suicide and where to access help, through flyers, posters, newsletter articles, online classes and other outlets.



Other ways faith communities can make a difference:

- Create a support group for suicide loss survivors - friends and family members affected by the suicide loss of a loved one.
- Have plans in place to respond to people showing warning signs of suicide.
- Offer support to members facing challenges with their relationships, jobs, health, or other concerns.
- Expand options for temporary help for those struggling to make ends meet.
- Encourage members to seek help, and provide referrals to mental health, substance use disorder, legal, or financial counseling services as needed.
- Apply policies that create a healthy environment and reduce stigma about seeking help.

Source: Suicide Prevention Resource Center

Prayer: *Guide us in caring for one another. Give us courage to reach out to those experiencing pain of mind and spirit. May we share Your comfort and love with them.*

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