



SUICIDE PREVENTION AWARENESS MONTH


September was designated as National Suicide Awareness Month in 2008 and is dedicated to honoring those affected by suicide, raising awareness, reducing stigma, and promoting efforts to prevent suicide.



20.4% of high school students have seriously considered attempting suicide, and **9.5%** have attempted suicide.

Suicide is the **2nd** leading cause of death among youth ages 10-14 in the U.S., and the **3rd** leading cause among young people ages 15-24.

Youth and young adults ages 10-24 years account for **15%** of all suicides

In 2023, **1 in 5** LGBTQ+ students have attempted suicide. 

Female students were more likely to attempt suicide, but males are **4** times more likely to die by suicide.

Source: CDC & Youth Risk Behavior Survey, United States, 2023

Key Signs a Loved One Could Be Thinking About Suicide

- Extreme mood swings
- Talking about or making plans to end their life
- Isolating themselves from friends and love ones
- Giving away personal items
- Taking dangerous risks
- Changes in eating and sleeping patterns.



The combination of purple and teal is the most widely recognized color combination for suicide prevention and awareness.

- **Teal** symbolizes hope and healing.
- **Purple** symbolizes suicide prevention and honors the pain and loss of those affected by suicide.

How to Help

- ♥ Don't be afraid to ask, "Are you having thoughts of suicide?"
- ♥ Be authentic and genuinely caring.
- ♥ Listen and don't judge.
- ♥ Help keep them safe by removing means and/or creating a safety plan.
- ♥ Connect them to resources.
- ♥ Call 911 if the person is in immediate danger.



Local
Resources

DEPARTMENT OF
MENTAL HEALTH SERVICES

EBR



988 SUICIDE & CRISIS
LIFELINE

24/7 CALL, TEXT, CHAT