

September was designated as National Suicide Awareness Month in 2008 and is dedicated to honoring those affected by suicide, 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

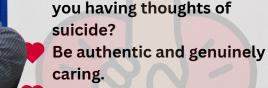
In 2023, 1 in 5 LGBTQ+ students have attempted suicide.



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.

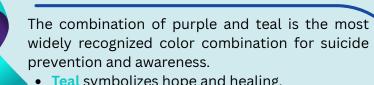


- Listen and don't judge.
- Help keep them safe by removing means and/or creating a safety plan.
- Connect them to resources.

How to Help

Don't be afraid to ask, "Are

Call 911 if the person is in immediate danger.



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



Local Resources

DEPARTMENT OF MENTAL HEALTH SERVICES