

SUICIDE PREVENTION FACTS & RESOURCES



You are not alone. We can all help prevent suicide.



Every 12 minutes, 1 person will die from suicide in the United States.

Over 40,000 people die by suicide each year in the United States; it is the 10th leading cause of death overall. Suicide is complicated and tragic but it is often preventable.



Knowing the warning signs for suicide can help save lives.

Warning signs of suicide :

- Talking about wanting to die or kill oneself
- Talking about feeling hopeless or having no reason to live
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Displaying extreme mood swings



If you or someone you know is struggling and needs help, there is hope.

- Call Carisk Behavioral Health at 1-800-294-8642 / Option #1
- Visit www.suicidepreventionlifeline.org
- Seek help from a medical professional

Resources: https://www.samhsa.gov/sites/default/files/sites/default/files/suicide_prevention_facts_and_resources_fact_sheet.pdf
<https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>