

# Suicide Awareness & Prevention



If you or someone you know is in crisis, call:

**Suicide Prevention  
Hotline/Lifeline  
1-800-273-TALK(8255)**

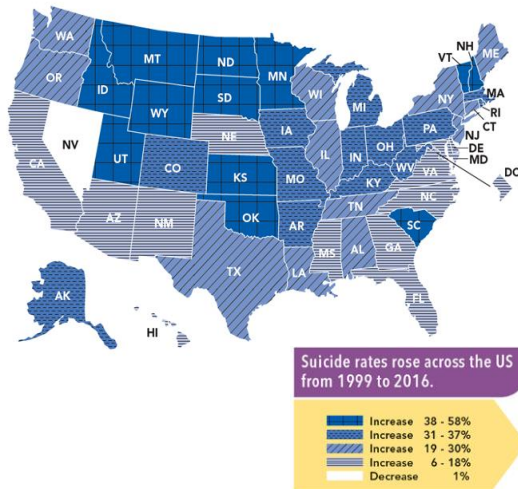
Or text:

**Crisis Text Line  
741-741**

The information provided by PsychU is intended for your educational benefit only. It is not intended as, nor is it a substitute for medical care or advice or professional diagnosis. Users seeking medical advice should consult with their physician or other health care professional.

# Suicide Death Rates By State

- **Since 1999-2016**, suicide rates increased in nearly every state and went up more than **30% in half of the states since 1999**.
- People without known mental health conditions were more likely to be male and to die by firearm.
- More than half of people who died by suicide did not have a known mental health condition.



1. Centers for Disease Control & Prevention (CDC). (2018). National vital statistics system. *CDC Vital Signs*. Atlanta, GA: CDC. Retrieved from CDC.gov.

# Suicide Statistics

## Globally

- Suicide accounted for 1.4% of all deaths worldwide, making it the 18th leading cause of death in 2016<sup>1</sup>
- **Worldwide, nearly 800,000 people die of suicide each year<sup>1</sup>**
- Suicide is the second leading cause of death among 15-29 year old globally<sup>1</sup>

## United States

- **In the United States, 47,173 Americans died by suicide (2017) and it was the 10th leading cause of death<sup>2</sup>**
  - An average 129 suicides occur each day
  - Rate of suicide is highest in middle-age white men and accounted for 69.67% of suicide deaths
  - Suicide attempts in adults were estimated to be 1.3 million in 2017
- **Suicide costs the U.S. \$69B annually (2015)<sup>2</sup>**

1. World Health Organization (WHO). (n.d.) Suicide data. Retrieved from WHO.int.

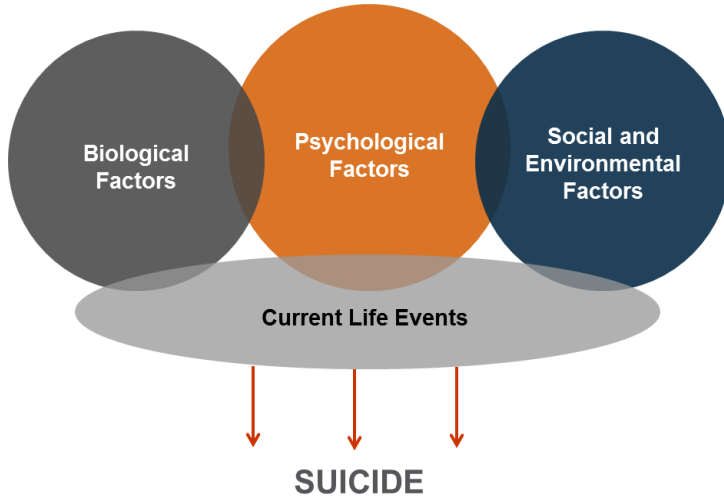
2. American Foundation for Suicide Prevention (AFSP). (n.d.) Suicide statistics. New York, NY: AFSP. Retrieved from AFSP.org.

# Suicide-Relevant Terminology

- **Suicide**  
Death caused by self-directed injurious behavior with any intent to die as a result of the behavior<sup>1,2</sup>
- **Suicide Attempt**  
A nonfatal self-directed potentially injurious behavior with any intent to die as a result of the behavior<sup>1,2</sup>
- **Suicidal Behavior**  
Encompasses completed suicide, suicide attempt, and preparatory behaviors<sup>1</sup>
- **Suicide Ideation**  
Thinking about, considering, or planning suicide<sup>1-3</sup>
- **Suicide Loss Survivor**  
A family member, friend, or loved one of an individual who died by suicide<sup>4</sup>
- **Attempt Survivor**  
An individual who survived an attempted suicide<sup>4</sup>
- **Non-Suicidal Self-Injurious Behavior**  
Self-injurious behavior conducted with no intent to die, e.g., superficial cuts or scratches, hitting/banging, or burns<sup>5</sup>
- **Unacceptable Terms**  
Committed suicide, suicide gesture, parasuicide, failed/successful attempt, suicidality<sup>1</sup>

1. Crosby, A.E., Ortega, L., & Melanson, C. (2011). Self-directed violence surveillance: Uniform definitions and recommended data elements. Atlanta, GA: Centers for Disease Control & Prevention (CDC) National Center for Injury Prevention & Control – Division of Violence Prevention. Retrieved from CDC.gov.
2. Centers for Disease Control & Prevention (CDC). (n.d.) Definitions: Self-directed violence. Atlanta, GA: CDC. Retrieved from CDC.gov.
3. Cannon, K.E., & Hudzik, T.J. (Eds). (2014). *Suicide phenomenology & neurobiology*. Springer International Publishing: Switzerland.
4. Fredenthal, S. (2014). Wait, who is a suicide survivor again? Retrieved from SpeakingOfSuicide.com.
5. Jans, T., Tanel, Y., & Warnke, A. (Eds). (2012). *International Association for Child & Adolescent Psychiatry & Allied Professions (IACAPAP) Textbook of Child & Adolescent Mental Health*. Retrieved from IACAPAP.org.

# Suicide Risk Factors



1. American Foundation for Suicide Prevention (AFSP). Available at: <https://afsp.org/about-suicide/risk-factors-and-warning-signs/>. Accessed August 2017.

# Comprehensive Approach to Suicide Prevention: Suicide Prevention Resource Center (SPRC)



1. Suicide Prevention Resource Center (SPRC). (2019). A Comprehensive Approach to Suicide Prevention. Retrieved from SPRC.org.

# American Foundation for Suicide Prevention: Warning Signs & What To Do

- Talking About:

Wanting to die

Feeling trapped /  
in unbearable pain

Feeling hopeless /  
having no purpose

Being a burden to others

- Looking for a way to kill oneself
- Increasing use of alcohol or drugs
- Acting anxious, agitated, or recklessly
- Sleeping too little/too much
- Withdrawing or feeling isolated
- Showing rage/talking about seeking revenge
- Displaying extreme mood swings

## If Someone You Know Exhibits Warning Signs Of Suicide...

- Do not leave the person alone
- Remove any firearms, alcohol, drugs or sharp objects that could be used in a suicide attempt
- Call the U.S. National Suicide Prevention Lifeline at 800-273-TALK (8255)
- Take the person to an emergency room or seek help from a medical or mental health professional

1. American Foundation For Suicide Prevention (AFSP). (2016). Recommendations for reporting on suicide. Retrieved from AFSP.org.



## Summary

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Suicide is a global public health issue.

Understanding suicide-relevant terminology may help with encouraging healthy language and conversation when talking about suicide.

Knowing the warning signs and what to do can be helpful when someone you know is in crisis.

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