

# Suicide Prevention Month

We can make a difference. By listening, sharing resources, and offering support, we can help those struggling with suicidal thoughts.

## Warning Signs

Here are a few warning signs of suicide:

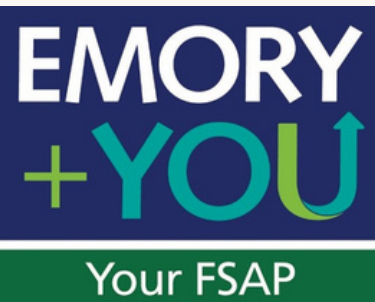
- Increased alcohol and drug use
- Aggressive behavior
- Withdrawal from friends, family and community
- Dramatic mood swings
- Impulsive or reckless behavior

## Key Facts

- 79% of all people who die by suicide are male.
- Although more women than men attempt suicide, men are 4x more likely to die by suicide.
- Suicide is the 2nd leading cause of death among people aged 10-14, the 3rd leading cause of death among those aged 15-24 and the 12th leading cause of death overall in the U.S.
- 46% of people who die by suicide had a diagnosed mental health condition — but research suggests that 90% may have experienced symptoms of a mental health condition

## Resources

- [Online Mental Health Screening](#)
- [National Institute of Mental Health](#)
- [Substance Abuse and Mental Health Services Administration](#)
- [National Alliance on Mental Illness](#)
- [How to Talk to Someone About Suicide](#)



If you or someone you know is experiencing a mental health crisis, call or text 988 or dial 911 for immediate assistance.

\*Warning signs and key facts from NAMI

