

September is Suicide Prevention Month

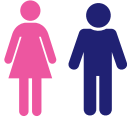
Stigma grows in silence. Healing begins in community.



1 in 20 U.S. adults have serious thoughts of suicide each year.



About 1 person dies by suicide in the U.S. every 11 minutes.



Although more women* than men attempt suicide, men are 4x more likely to die by suicide.

79% of all people who die by suicide in the U.S. are male.*



In the U.S., suicide is the 2nd leading cause of death among people ages 10–14 and among people ages 15–24, and the 11th leading cause of death overall.



Suicide only affects individuals with a mental health condition.

Once an individual is suicidal, he or she will always remain suicidal.

Most suicides happen suddenly without warning.

People who die by suicide are selfish and take the easy way out.

Talking about suicide will lead to and encourage suicide.



Many individuals with mental illness are not affected by suicidal thoughts and not all people who attempt or die by suicide have mental illness. Relationship problems and other life stressors such as criminal/legal matters, loss of home, death of a loved one, trauma, etc. are also associated with suicidal thoughts and attempts.

Active suicidal ideation is often short-term and situation-specific. The act of suicide is often an attempt to control deep, painful emotions an individual is experiencing. Once these thoughts dissipate, so will the suicidal ideation. While suicidal thoughts can return, they are not permanent. An individual with suicidal thoughts and attempts can live a long, successful life.

Warning signs—verbally or behaviorally—precede most suicides. Therefore, it's important to learn and understand the warnings signs associated with suicide. Many individuals who are suicidal may only show warning signs to those closest to them. These loved ones may not recognize what's going on, which is how it may seem like the suicide was sudden or without warning.

Typically, people do not die by suicide because they do not want to live—people die by suicide because they want to end their suffering. These individuals are suffering so deeply that they feel helpless and hopeless. Individuals who experience suicidal ideations do not do so by choice. They either have a mental illness or going through a difficult life situation.

There is a widespread stigma associated with suicide and as a result, many people are afraid to speak about it. Talking about suicide not only reduces the stigma, but also allows individuals to seek help, rethink their opinions and share their story with others. We all need to talk more about suicide.

If you or someone you know is experiencing a mental health, suicide or substance use crisis or emotional distress, reach out 24/7 to the **988** Suicide and Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) by dialing or texting **988** or using chat services at 988lifeline.org to connect to a trained crisis counselor.

Lighthouse EAP is Here to Help: 419.475.5338 | 800.422.5338

*Indicates female or male sex assigned at birth
Data from CDC, NIMH, NAMI, and other select sources

