

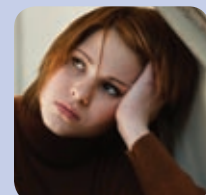
# Suicidal Behavior

Suicidal behavior includes suicidal ideation (i.e., thinking about, considering or planning for suicide) as well as acts of suicide and suicide attempts.

## What We Know

- In 2006, suicide was:
  - The 11th leading cause of death.
  - The second leading cause of death among adults ages 25 to 44.
  - The third leading cause of death among young adults ages 15 to 24.
- More than 33,000 suicides occurred in the United States. This is the equal to one suicide every 16 minutes.
- Males take their own lives at nearly four times the rate of females and represent nearly 80 percent of all U.S. suicides.

*By supporting healthy personal relationships and by encouraging family and friends to care about and care for each other, everyone is likely to experience better health and well-being, resulting in a lower risk for suicidal behavior.*



Research Focus	What We Want to Know	How This Research Will Help
Monitoring and Surveillance	How can we better measure and monitor suicidal behavior and determine suicidal behavior's social and economic burden?	It will assist in understanding the problem and will provide useful information for assessing the effects, benefits, and costs of suicide prevention efforts.
Building Capacity	What are the most effective ways to build, strengthen, and sustain suicide prevention strategies?	It will lead to people learning about, adopting, and continuing to use suicide prevention strategies.
Evaluating the Effectiveness of Programs and Policies	Do current suicide prevention strategies help to prevent suicidal behavior? What strategies are effective at preventing and reducing suicidal behavior?	It will determine which policies and programs help to prevent suicidal behavior, create new ways to prevent suicide, and new ways to reach high-risk groups.
Factors Affecting Suicidal Behavior	What personal and social factors contribute to suicide risk, and what factors buffer that risk?	It will help to develop community and societal-approaches that will reduce risk. It will also strengthen those protective factors that help to prevent suicidal behavior.
Connection to Other Violent Behavior	Can programs addressing child maltreatment, intimate partner violence, or youth violence prevent suicidal behavior?	It can help to reduce many forms of violence. It can also minimize costs, eliminate program duplication, and lessen competition for resources.
Evaluating Access to Lethal Means	How effective are strategies that restrict access to lethal means?	It can determine which means, such as prescription monitoring and medication packaging, are effective. It can also help put policies in place that will reduce suicide-related injury and death.



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