Preventing Suicide Requires a Comprehensive Approach

Everyone Can Help Prevent Suicide

What everyone can do:

- Know the signs of suicide risk and distress
- Reach out to loved ones who might be experiencing suicidal thoughts
- Create a safe space for people at risk to open up about their feelings
- Listen to those in distress and validate their feelings
- Encourage people to seek help if needed
- Share helpful resources and information about how to get support

What everyone can do:

- Educate yourself and others about suicide prevention
- Advocate for policies that support mental health
- Support communities and organizations working on suicide prevention
- Volunteer or get involved with local suicide prevention efforts

What everyone can do:

- Support the National Suicide Prevention Lifeline
- Contact the 988 Suicide and Crisis Lifeline if you are experiencing a crisis
- Use resources like the National Suicide Prevention Lifeline (1-800-273-TALK)
- Work with community organizations to implement, prioritize, and coordinate suicide prevention efforts

Funding the Future of Suicide Prevention

CDC works with partners at the federal, national, state, territorial, tribal, and local levels to achieve the nation’s goal to reduce suicide rates by 20% by 2025. CDC researches the causes of suicide and what works to prevent it. CDC's Prevention Resource for Action helps communities develop and share evidence-based suicide prevention activities.

CDC Supports Suicide Prevention By:

- Conducting research on suicide prevention strategies
- Developing and sharing evidence-based resources
- Collaborating with partners to implement prevention activities
- Funding and evaluating prevention programs
- Providing technical assistance and training

Higher Risk for Suicide

Suicide rates are highest among certain racial and ethnic groups. People living in rural areas have much higher rates of suicide than those in urban areas. Suicide rates can vary substantially across geographic regions.

Suicide is the 9th leading cause of death among AI/AN people. Certain Industries and occupations have much higher rates of suicide than the general population. Suicide rates among women working in certain industries are also much higher than men working in similar industries.

Suicide Rates Across the United States

Suicide rates can vary significantly across states and communities. People living in rural areas have much higher rates of suicide than those in urban areas. Suicide rates increase as population density decreases. Suicide rates are highest among people living in small towns and rural areas.

What Everyone Can Do

- Be there for people at risk
- Encourage people to seek help if needed
- Share helpful resources and information
- Help prevent suicide

988 Suicide and Crisis Lifeline
Call or text 988 or chat at 988lifeline.org

Suicide Prevention Resource for Action
www.cdc.gov/suicide

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Veterans have an adjusted suicide rate nearly four times higher than non-veterans. Suicide rates can vary substantially across geographic regions.

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LGB Youth

Lesbian, gay, or bisexual youth have much higher rates of suicide ideation compared to adults with-