Preventing Suicide Requires a Comprehensive Approach

Higher Risk for Suicide

Suicide rates are higher among certain racial and ethnic groups. People living in rural areas have higher suicide rates than those living in more urban areas. Suicide rates are also higher among men working in certain industries, including mining, quarrying, and oil and gas extraction.

Everywhere Can Help Prevent Suicide

What CDC is Doing

CDC uses data to track and monitor suicide trends. CDC supports suicide prevention by funding the Comprehensive Suicide Prevention Program. This program provides resources to help communities develop and share suicide prevention activities.

Everyone Can Do

CDC recommends that everyone can help prevent suicide by knowing the warning signs, how to ask the right questions, and how to respond to someone at risk. Everyone can also help by providing easy access to affordable and accessible mental health care.

What Everyone Can Help Reduce Access to Lethal Means

CDC recommends that everyone can help reduce access to lethal means among persons at risk for suicide. This means identifying and removing suicide means, such as guns and medications, from areas where people are likely to be found.

What Everyone Can Help Reduce Emotional Stress

CDC recommends that everyone can help reduce emotional stress by teaching coping and problem-solving skills. Everyone can also help by promoting connectedness and strengthening economic supports, including household financial security and housing.

What Everyone Can Help Reduce Isolation

CDC recommends that everyone can help reduce isolation by promoting connectedness. Everyone can also help by strengthening organizational policies that support mental health and resources for mental health, substance use disorder, or other needs.

What Everyone Can Help Prevent Suicide Among Americans with Disabilities

Americans with disabilities are three times more likely to die by suicide than people without disabilities. CDC recommends that everyone can help by helping communities develop and share stabilization policies and practices with the best available evidence from research and evaluation.

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