

It's Okay to Talk About **SUICIDE**

Thoughts of suicide can be frightening. But by reaching out for help or checking in with friends and family, we can avoid devastating outcomes.

Suicide is **NOT** the answer.

Suicide is a leading cause of death in the U.S.:

2nd

Among people aged 10-14

3rd

Among people aged 15-24

12th

Overall

If you start thinking about suicide, seek help. Call or text a crisis line or a trusted friend.



Among those who die by suicide:

46%

Have a diagnosed mental health condition

90%

Have experienced symptoms of a mental health condition

Make an appointment with a health care professional to talk about what you're thinking or how you're feeling.



HIGH RISK POPULATIONS

79% of all people who die by suicide are male



4x

Lesbian, gay and bisexual youth are four times more likely to attempt suicide than straight youth

Transgender people are 9 times more likely to attempt suicide at some point in their lifetime than the general population.

9x

Suicidal thoughts are a symptom, just like any other — they can be treated, and they can improve over time.



If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat [988lifeline.org](https://www.988lifeline.org) to reach the 988 Suicide & Crisis Lifeline.

Data from CDC, NIMH and other select sources. Find citations for this resource at [nami.org/mhstats](https://www.nami.org/mhstats)

NAMI HelpLine
800-950-NAMI (6264)

