Thoughts of giving up and suicide can be frightening. Not taking these kinds of thoughts seriously can have devastating outcomes.

2nd Suicide is the 2nd leading cause of death for people ages 10-34

The overall suicide rate has increased 35% since 1999

Suicide is the 10th leading cause of death in the U.S.

46% of people who die by suicide have a diagnosed mental health condition

90% of people who die by suicide have experienced symptoms of a mental health condition

**HIGH RISK POPULATIONS**

78% of all people who die by suicide are male

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

Transgender people are 12 times more likely to attempt suicide than the general population

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

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

If you are concerned about suicide and don’t know what to do, call the National Suicide Prevention Lifeline at 1-800-273-8255.

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats