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 a leading cause of death in the U.S.:**

<table>
<thead>
<tr>
<th>Position</th>
<th>Description</th>
<th>Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd</td>
<td>Among people</td>
<td>aged 10-14</td>
</tr>
<tr>
<td>3rd</td>
<td>Among people</td>
<td>aged 15-24</td>
</tr>
<tr>
<td>12th</td>
<td>Overall</td>
<td></td>
</tr>
</tbody>
</table>

Among those who die by suicide:

- **46%** have a diagnosed mental health condition
- **90%** have experienced symptoms of a mental health condition

**HIGH RISK POPULATIONS — Serious Thoughts of Suicide**

**U.S. Adults – annual average 4.8%**

- Native Hawaiian/Other Pacific Islander: **7.4%**
- Mixed/Multiracial: **8.2%**
- American Indian/Alaska Native: **8.5%**

**Youth Populations**

- Young Adults aged 18-25: **13%**
- High School Students: **22%**
- LGBTQ Youth: **45%**

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 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

Suicide is **NOT** the answer.

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

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

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