It's Okay to SUICIDE Talk About

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.:

2nd

Among people aged 10-14

3rd

Among people aged 15-24

12th

Overall

Among those who die by suicide:

46%

Have a diagnosed mental health condition

90%

Have experienced symptoms of a mental health condition

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



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.

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

Suicide is

NOT

the

answer.



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



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











