

# 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.:**

**11<sup>th</sup>**  
Overall

**2<sup>nd</sup>**  
Among people ages 10-14

**2<sup>nd</sup>**  
Among people ages 15-24

**Among those who die by suicide:**

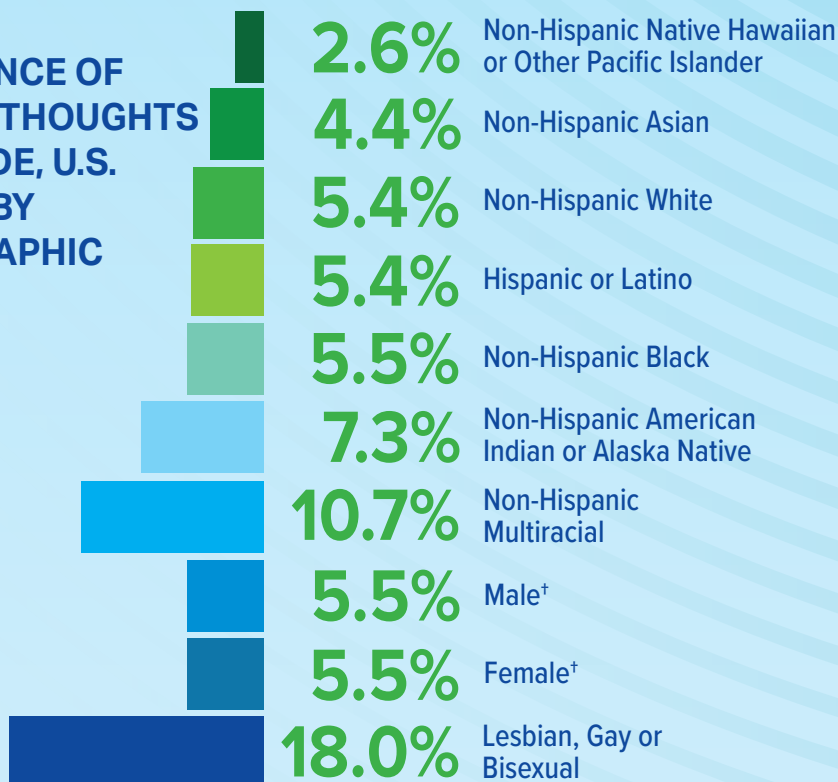
**46%**  
Have a diagnosed mental health condition

**90%**  
Have experienced symptoms of a mental health disorder

More than

**1 in 20** U.S. adults (5.5%) have serious thoughts of suicide each year

**ANNUAL PREVALENCE OF SERIOUS THOUGHTS OF SUICIDE, U.S. ADULTS, BY DEMOGRAPHIC GROUP:**



**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.



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

<sup>†</sup>Reflects sex assigned at birth

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

NAMI HelpLine  
800-950-NAMI (6264)



NAMICommunicate



[www.nami.org](https://www.nami.org)

**nami**  
National Alliance on Mental Illness

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