



# Suicide risk factors and what you can do to help.

Together we can save lives.

## The latest statistics from 2023 indicate:<sup>1,2</sup>

Suicide is the  
**11th**  
leading cause of death  
in the U.S.

Over **49,000** Americans died by suicide  
which is about **1 death every 11 minutes**.



**12.8 million people** thought  
about suicide, **3.7 million** made a  
plan and over **1.5 million people**  
attempted to end their lives.

### Suicide risk by age:<sup>1</sup>

- Between the ages of 10-34, suicide is the second leading cause of death.
- Between the ages of 35-44, suicide is the fourth leading cause of death.
- Risk is highest for those age 85 and over and second highest for those between 75 and 84.



### Suicide risk by sex and sexual orientation:<sup>3,4</sup>

- Females attempt suicide about three times more than males.
- Males are four times more likely to die by suicide than females.
- LGBTQ+ youth are more than four times as likely to attempt suicide than their peers.
- Over 1.8 million LGBTQ+ youth thought about suicide.
- An LGBTQ+ youth attempts suicide about every 45 seconds.

### Suicide risk for veterans:<sup>5</sup>

- Suicide is the second leading cause of deaths for veterans under the age of 45.
- Veterans have a 58 percent higher risk of suicide than those who haven't served in the military.
- Over 140,000 veterans died by suicide since 2001.

## Preventing suicide

A person's risk for suicide decreases when certain protective factors are in place. By taking steps to build up these factors, we can help prevent suicide.

## Build protective factors by:

- Accessing mental health services and support, such as a therapist or psychiatrist
- Spending time with supportive family and friends
- Developing a personalized self-care routine (exercise, sleep, healthy diet, stress management, etc.)
- Finding purpose or meaning through community involvement, volunteering or social action
- Researching resources for help before a crisis happens
- Removing access to lethal means
- Having a safety plan in place
  - The **Stanley-Brown** safety plan is a comprehensive safety plan that's free and available to use



## Seek help

If you or someone you know are having thoughts of suicide reach out to Resources for Living for in-the-moment support or contact the Suicide & Crisis Lifeline at **988** or [988lifeline.org](https://988lifeline.org). If you or someone you know is unsafe and needs immediate assistance, such as an ambulance or police officer, call **911**.

You are not alone.

<sup>1</sup>[Suicide statistics](#). Available at: Afsp.org. Accessed August 2025.  
<sup>2</sup>[Suicide data and statistics](#). Available at: Cdc.gov. March 2025. Accessed August 2025.  
<sup>3</sup>Schimelpfening, Nancy. [Differences in suicide among men and women](#). Available at: Verywellmind.com. November 2024. Accessed August 2025.  
<sup>4</sup>[Facts about suicide among LGBTQ+ young people](#). Available at: Thetrevorproject.org. January 2024. Accessed August 2025.  
<sup>5</sup>[Veteran suicide statistics](#). Available at: Stopsoldiersuicide.org. Accessed August 2025.