

Suicide risk factors and what you can do to help.

Together we can save lives.

The latest statistics from 2023 indicate:1,2

Suicide is the

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:1

- 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.



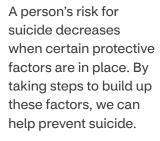
Suicide risk by sex and sexual orientation:3,4

- 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:5

- 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



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. 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.

⁵<u>Veteran suicide statistics</u>. Available at: Stopsoldiersuicide.org. Accessed August 2025.

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¹Suicide statistics. Available at: Afsp.org. Accessed August 2025.

²<u>Suicide data and statistics</u>. Available at: Cdc.gov. March 2025. Accessed August 2025.

³Schimelpfening, Nancy. <u>Differences in suicide among men and women</u>. Available at: Verywellmind.com. November 2024. Accessed August 2025.

⁴<u>Facts about suicide among LGBTQ+ young people</u>. Available at:Thetrevorproject.org. January 2024. Accessed August 2025.