



# SUICIDE AWARENESS

*It's Time to Talk*

**10<sup>TH</sup> LEADING**  
Cause of Death in the United States



**45,000**

Americans Die By Suicide Each Year

According to the American Foundation for Suicide Prevention website (8/14/18), suicide is the **10th leading cause of death in the United States.**

Almost **45,000 Americans die by suicide each year.** And for every completed suicide, there are approximately 25 additional attempts.

IS IT CLEAR WHY WE NEED TO TALK ABOUT IT? *Not yet?*

There are an estimated

**6 TO 32**  
**SURVIVORS**



**7%** of the U.S. populations has  
**KNOWN SOMEONE WHO COMMITTED SUICIDE**

Are you one of them? If not, consider yourself pretty lucky. If you are, you know the guilt that can exist for the survivors and the questions that remain.

**So, why do we need to talk about it?** Because prevention works. Awareness works. We need to talk about it so that we are prepared to recognize the warning signs, so we can help a person considering suicide, and so that we can possibly save a life.

*Are you Ready to Talk?*

**Talking about suicide will not give someone the idea to contemplate, attempt, or complete suicide.** However, talking about it and bringing it to the forefront may bring someone to the help they need to overcome their depression and desperate thoughts. Talking about it can help remove the stigma surrounding mental illness and encourage someone to seek the help they need. Talking about it could save a life.



FOR MORE INFORMATION:



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