

Suicide Is Preventable And Help Is Available



Suicide is a leading cause of death in the US:

Nearly
46,000 people
in the US died by
suicide in 2020

In 2020,
1.2 million
people in the US
attempted suicide

Suicide rates of people living in
rural counties are **64-68% higher**
than those living in urban areas.

Data: The Centers of Disease Control – www.cdc.gov/suicide/facts/disparities-in-suicide.html

Suicide can often be prevented. By recognizing
the warning signs of suicide and knowing what
to do to help, you can help save a life.

Get help: Call or Text 988

The 988 Suicide & Crisis Lifeline provides free and
confidential support for people in suicidal crisis or
emotional distress, 24 hours a day, 7 days a week.

If there is a life-threatening emergency, call 911
or go to the nearest emergency room.

What are warning signs of suicide?

These are warning signs that
signal someone is thinking
about suicide. If they apply
to you or someone you know,
get help immediately.

Talking about:

- Wanting to die
- Having no reason to live
- Being a burden to others
- Seeking revenge

Feeling:

- Hopeless or trapped
- Unbearable emotional or physical pain
- Extremely sad, agitated or anxious
- Full of anger and rage

Changing behavior:

- Increasing the use of drugs or alcohol
- Withdrawing from friends and family
- Sleeping too little or too much
- Experiencing dramatic mood swings
- Acting recklessly

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Together*



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What to do if you suspect someone is thinking about suicide

If you see warning signs that someone you know is struggling, in crisis, and may harm themselves, take action:

1 Start the conversation.

Ask them if they are thinking about suicide. Then, listen and let them know you care. Talking about suicide can actually help reduce suicidal thoughts. Just one conversation can help save a life!

2 Do a safety check.

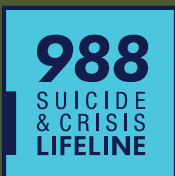
If you think someone may harm themselves, try to restrict their access to lethal items, such as weapons and medications.

3 Reach out for help.

If you're worried that they are experiencing an emotional, mental health, or substance use crisis, speak up and seek help. Let them know that you are contacting a professional such as a doctor, psychiatrist, psychologist, counselor or social worker.

If you or someone you know is having suicidal thoughts, seek help immediately.

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Suicidal thoughts are a symptom of mental illness that can often be treated and improve over time.

That's why it's important to talk with a healthcare professional about what's causing suicidal thoughts.

For more suicide prevention information and resources:

Visit the Growing Hope Together Suicide Awareness and Prevention website at: www.ruralminds.org/prevent-suicide or scan the QR code below:



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