


DID  
YOU  
KNOW?

September is National  
Suicide Prevention Month



“you are:  
**NOT ALONE**  
• in this •


## Fast Facts

**1 in 20** U.S. adults experience serious mental illness each year

**1 in 6** U.S. youth aged 6-17 experience a mental health disorder each year


**50%** of all lifetime mental illness begins by age 14, and **75%** by age 24

Suicide is the **2nd leading** cause of death among youth aged 10-14



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Nationally, we lose one  
life to suicide every 15.8  
minutes.



You are  
\***VALUED**\*

## SUICIDE WARNING SIGNS FOR *YOUTH*

It's time to take action if you notice these signs in family or friends:

- Talking about or making plans for suicide.
- Expressing hopelessness about the future.
- Displaying severe/overwhelming emotional pain or distress.
- Showing worrisome changes in behavior, particularly in combination with the warning signs above, including significant:
  - Withdrawal from or changing social connections/situations.
  - Changes in sleep (increased or decreased).
  - Anger or hostility that seems out of character or out of context.
  - Recent increased agitation or irritability.

#SUICIDEPREVENTIONMONTH | #SPM24

SAMHSA

<https://www.samhsa.gov/newsroom/observances/suicide-prevention-month>

STORMS  
don't last  
FOREVER

## SUICIDE WARNING SIGNS FOR *Adults*


Risk is greater if a behavior is new or has increased, and if it seems related to a painful event, loss, or change

- Talking about or making plans for suicide.
- Acting anxious or agitated; behaving recklessly.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.
- Increasing the use of alcohol or drugs.
- Talking about feeling hopeless or having no reason to live
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

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There is help and there is  
hope.





# Resources

Suicide and Crisis Lifeline: 988

Trevor HelpLine / Suicide Prevention for LGBTQ+

Teens: 1-866-488-7386

Crisis Text Line: Text HOME to 741741

Gay & Lesbian National Hotline: 1-888-THE-GLNH (1-888-843-4564)

IMAlive: online crisis chat

National Runaway Safeline : 1-800-RUNAWAY (chat available on website)

Teenline: 310-855-4673 or text TEEN to 839863 (teens helping teens)

National Hopeline Network: 1-800-784-2433 (1-800-SUICIDE)

Child Abuse Hotline: 800-4-A-CHILD (800 422 4453)

National Domestic Violence Hotline: 800-799-7233

Missing & Exploited Children Hotline: 1-800-843-5678



BE GENTLE  
WITH  
YOURSELF