



Mental Health Awareness

Shedding Light On The Interplay Between Suicide And Stigma



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Our Featured Speakers And Moderators



Christine Moutier, MD

Chief Medical Officer, American Foundation for Suicide Prevention



Jehan Marino,
PharmD, BCPP

Medical Science Liaison Director,
Otsuka Pharmaceutical Development
& Commercialization, Inc.



Jill Harkavy-Friedman,
PhD

Senior Vice President of Research,
American Foundation for
Suicide Prevention





Becky Wong,
PharmD, MBA

Medical Science Liaison Director,
Otsuka Pharmaceutical Development
& Commercialization, Inc.

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SUICIDE & CRISIS LIFELINE

If you or someone you know is in crisis text or call:

**Crisis
Text Line**
741741

**Suicide Prevention
Hotline/Lifeline**
Dial 988

Objectives



Review the suicide statistics globally and within the United States and share the etiology of suicide



Examine the interplay between suicide and stigma in mental health and highlight suicide assessment tools



Discuss protective factors and suicide prevention resources

Terminology

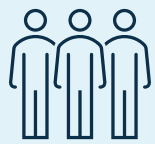
Suicide	Death caused by self-directed injurious behavior with any intent to die as a result of the behavior ^{1,2}
Suicidal behavior	Encompasses completed suicide, suicide attempt, and preparatory behaviors ¹
Suicide attempt	A nonfatal, self-directed, potentially injurious behavior with any intent to die as a result of the behavior ^{1,2}
Suicidal ideation	Thinking about, considering, or planning suicide ^{1,3}
Suicide loss survivor	A family member, friend, or loved one of an individual who died by suicide ⁴
Attempt survivor	An individual who survived an attempted suicide ⁵
Non-suicidal self-injurious behavior	Self-injurious behavior conducted with no intent to die (eg, superficial cuts or scratches, hitting/banging, or burns) ¹
Terms to avoid	Committed suicide, suicide gesture, parasuicide, failed/successful attempt, suicidality, suicide victim ^{1,6}
Preferred phrases	Died by suicide, took their own life, suicide death, fatal/nonfatal suicide attempt, those who die by suicide ⁶

References:

1. Moutier C. Suicidal Behavior. MSD Manual. Published July 2023. Accessed May 8, 2025. <https://www.msdmanuals.com/professional/psychiatric-disorders/suicidal-behavior-and-self-injury/suicidal-behavior>.
2. Facts about suicide. CDC. Published July 23, 2024. Accessed April 7, 2025. <https://www.cdc.gov/suicide/facts/index.html>.
3. House A, et al. *Lancet Psychiatry*. 2020;7(11):997-1000
4. Jordan JR. *Front Psychol*. 2020;11:766.
5. Shamsaei F, et al. *Int J Qual Stud Health Well-Being*. 2020;15(1):1745478.
6. Language guidelines. International Association for Suicide Prevention. Accessed April 7, 2025. <https://www.iasp.info/wp-content/uploads/IASP-Language-Guidelines-2022-1.pdf>.

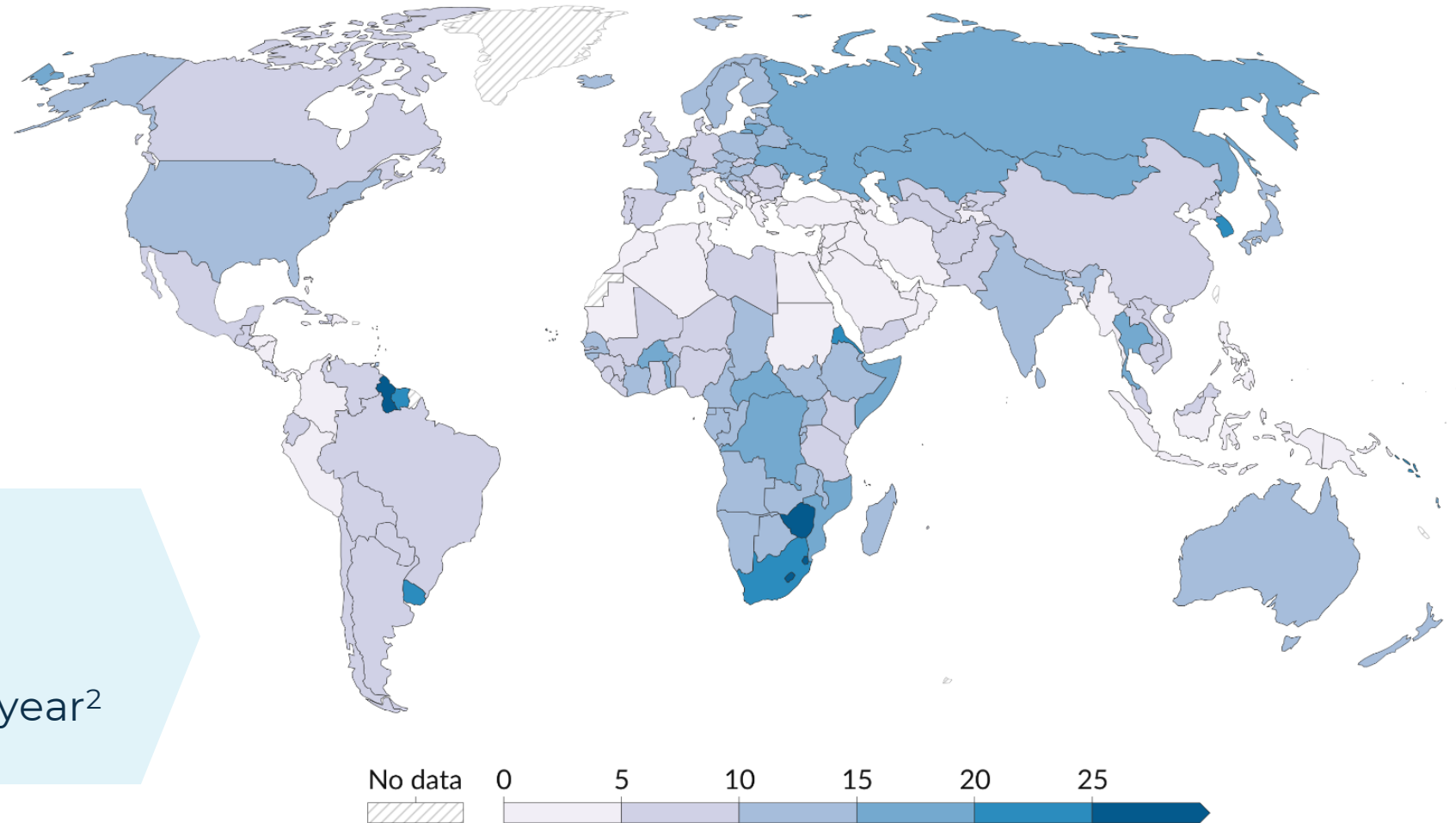
Global Suicide Rates

Estimated annual number of suicides per 100,000 people, 2021¹



More than
720,000

people die by suicide every year²



Data source: World Health Organization (2024)

OurWorldinData.org/suicide | CC BY

Note: To allow for comparisons between countries and over time, this metric is age-standardized*.

*Age standardization: Age standardization is an adjustment that makes it possible to compare populations with different age structures, by standardizing them to a common reference population. [Read more: How does age standardization make health metrics comparable?](#)

References:

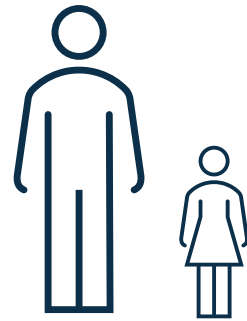
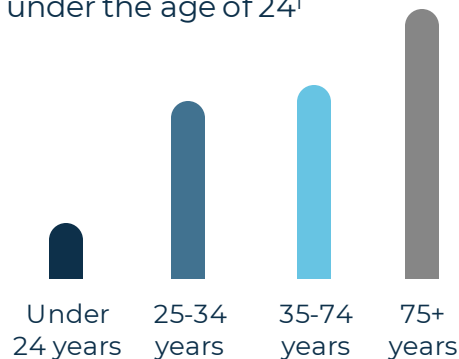
1. Dattani S, et al. Suicide. Our World in Data. Published 2023. Accessed April 7, 2025. <https://ourworldindata.org/suicide>.
2. World Health Organization. Suicide. WHO. Published March 25, 2025. Accessed April 7, 2025. <https://www.who.int/news-room/fact-sheets/detail/suicide>.

Suicide Statistics: Current State Of The Nation



In the United States,
suicide is the 11th leading cause of death¹

**Rates are higher
among those aged
25-34 and 75+**
compared to those
under the age of 24¹



**Men die
by suicide
3.85x**
more often
than women¹

In 2020, the nation spent
\$500+ billion
**related to suicide and
nonfatal self-harm**
(in medical costs, work loss, quality of
life costs, and value of statistical life)²

↓
Suicide rates were
26% lower
**In counties with the most
health insurance coverage**
compared to counties with the
least coverage³

US, United States.

References:

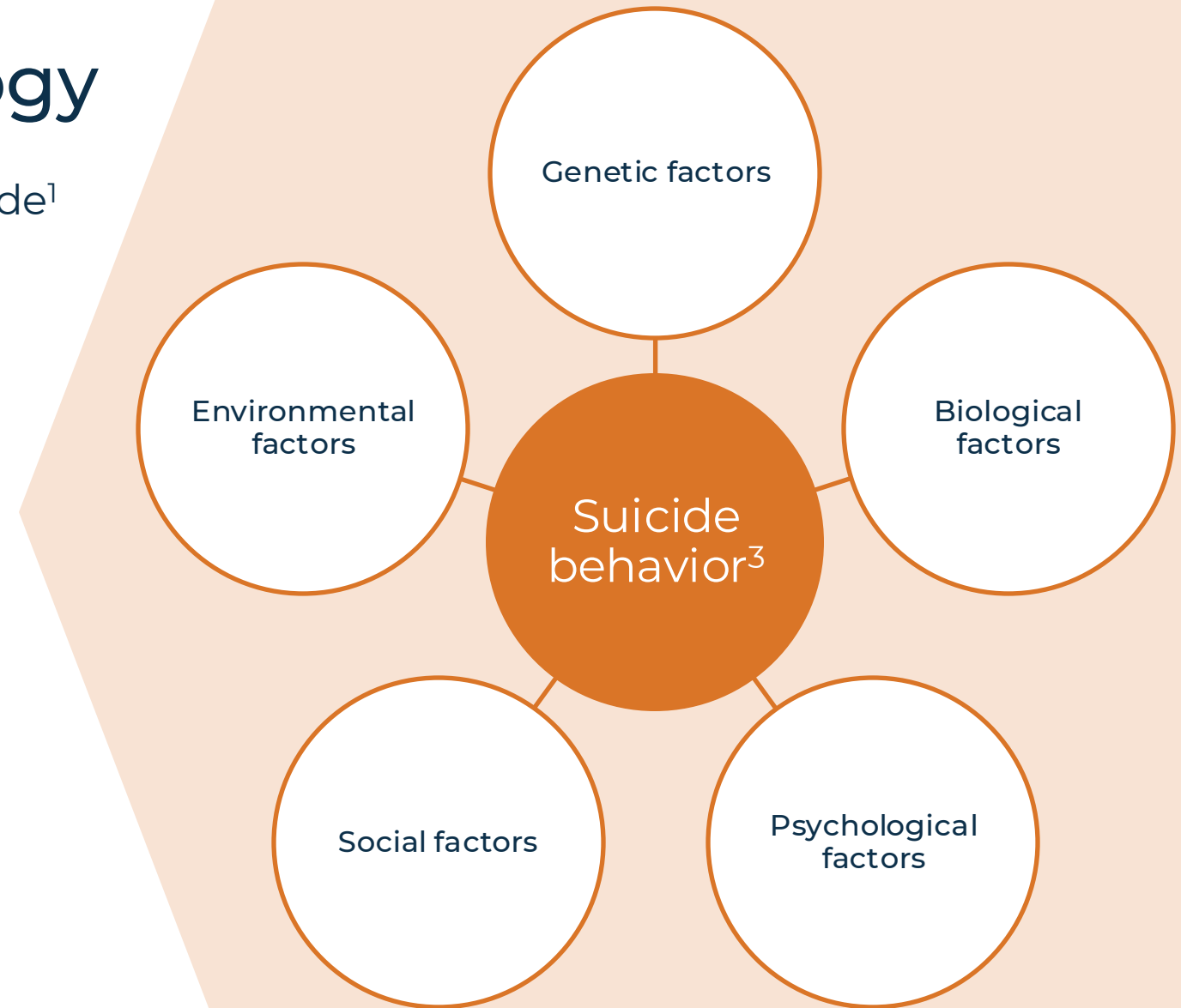
1. Suicide statistics. AFSP. Updated May 11, 2024. Accessed March 31, 2025. <https://afsp.org/suicide-statistics>.
2. Preventing suicide. CDC. Updated April 2024. Accessed April 7, 2025. https://www.cdc.gov/suicide/pdf/NCIPC-Suicide-FactSheet-508_FINAL.pdf.
3. Vital signs. CDC. Updated October 17, 2024. Accessed April 7, 2025. <https://www.cdc.gov/vitalsigns/prevent-suicide/index.html>.

<https://loonylabs.org/2019/12/04/>



Suicide Behavior Etiology

- There is never one single cause for suicide¹
- Suicide develops as a result of interactions between genetic, biological, psychological, environmental, and social factors^{2,3}
- Several studies have been published related to genetic and neuroimaging markers⁴
 - Pan-ancestry studies and more inclusive research are still needed to better understand suicide behavior
 - Suicidal ideation, attempt, and death should be analyzed separately to better understand suicide behavior etiology



References:

1. Pirkis J, et al. *Lancet Public Health*. 2024;9(10):e787-e795.
2. Balon R. *Acad Psychiatry*. 2021;45:760-762.
3. Gonda X, et al. *Pharmacol Ther*. 2023;244:108390.
4. Ceja Z, et al. *Biol Psychiatry*. 2025;97(8):775-785.

High-Risk Populations

Age

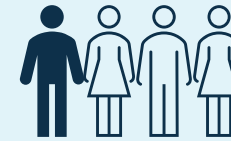
Suicide is 2nd leading cause of death for ages 10-34¹



Men aged 75+ have one of **highest suicide rates** (compared to other age groups)³

22%

Older adults make up ~22% suicide²



1 in 4 older adults and 1 in 200 youths died by suicide²

Race/ethnicity



Highest US age-adjusted suicide rate was among American Indians and Alaskan Natives (16.11 per 100,000)⁴



Lower rates among Black/African Americans, Asians, and Pacific Islanders¹

Sexual orientation

Risk higher among LGB-identifying people³

5x

Rate of suicide attempts 5x **higher for LGB youth** than straight youth³

US, United States; LGB, lesbian, gay, bisexual.

References:

1. Facts about suicide. CDC. Published July 23, 2024. Accessed April 7, 2025. <https://www.cdc.gov/suicide/facts/index.html>.

2. Suicide and older adults: what you should know. NCOA. Published January 3, 2025. Accessed April 7, 2025. <https://www.ncoa.org/article/suicide-and-older-adults-what-you-should-know>.

3. Health disparities in suicide. Suicide Prevention. CDC. Published March 28, 2024. Accessed April 7, 2025. <https://www.cdc.gov/suicide/disparities/index.html>.

4. Suicide statistics. AFSP. Updated May 11, 2024. Accessed March 31, 2025. <https://afsp.org/suicide-statistics>.

Suicide Risk In Major Mental And Cognitive Health Conditions



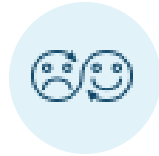
Major depressive disorder (MDD)

- **Women attempt suicide more frequently** than men (62% vs 38%)¹
- **Men die by suicide more often** than women (57% vs 43%)¹
- Accounts for up to **87% of completed suicides**²



Schizophrenia

- **4.5-fold increased risk of suicide** vs general population⁴
- 25-50% patients attempt suicide in lifetime⁵
- **Frequent cause of early mortality**; affects nearly 5% of patients⁵



Bipolar disorder

- **Women attempt suicide more frequently** than men (68% vs. 32%)¹
- **Men die by suicide more often** than women (54% vs. 46%)¹
- **79% contemplate**³



PTSD

- **Individuals with PTSD die by suicide at 5x rate** of those without PTSD⁶
- Recent study revealed over **14% of those who died by suicide were given diagnosis of trauma-associated stress condition** in year before death⁶



Dementia

- **10% prevalence rate of suicide ideation**⁷
- Men with dementia more likely to attempt and die by suicide than women⁷
- Younger patients (<69 years old) have increased risk of dying by suicide⁷



ADHD

- Lifetime prevalence of suicidal ideation is 59.5%⁸
- **9.5% of patients exhibit suicidal behavior**; 10.8% of patients have non-suicidal self-injury behavior⁸

ADHD, attention-deficit hyperactivity disorder; PTSD, post-traumatic stress disorder.







References:

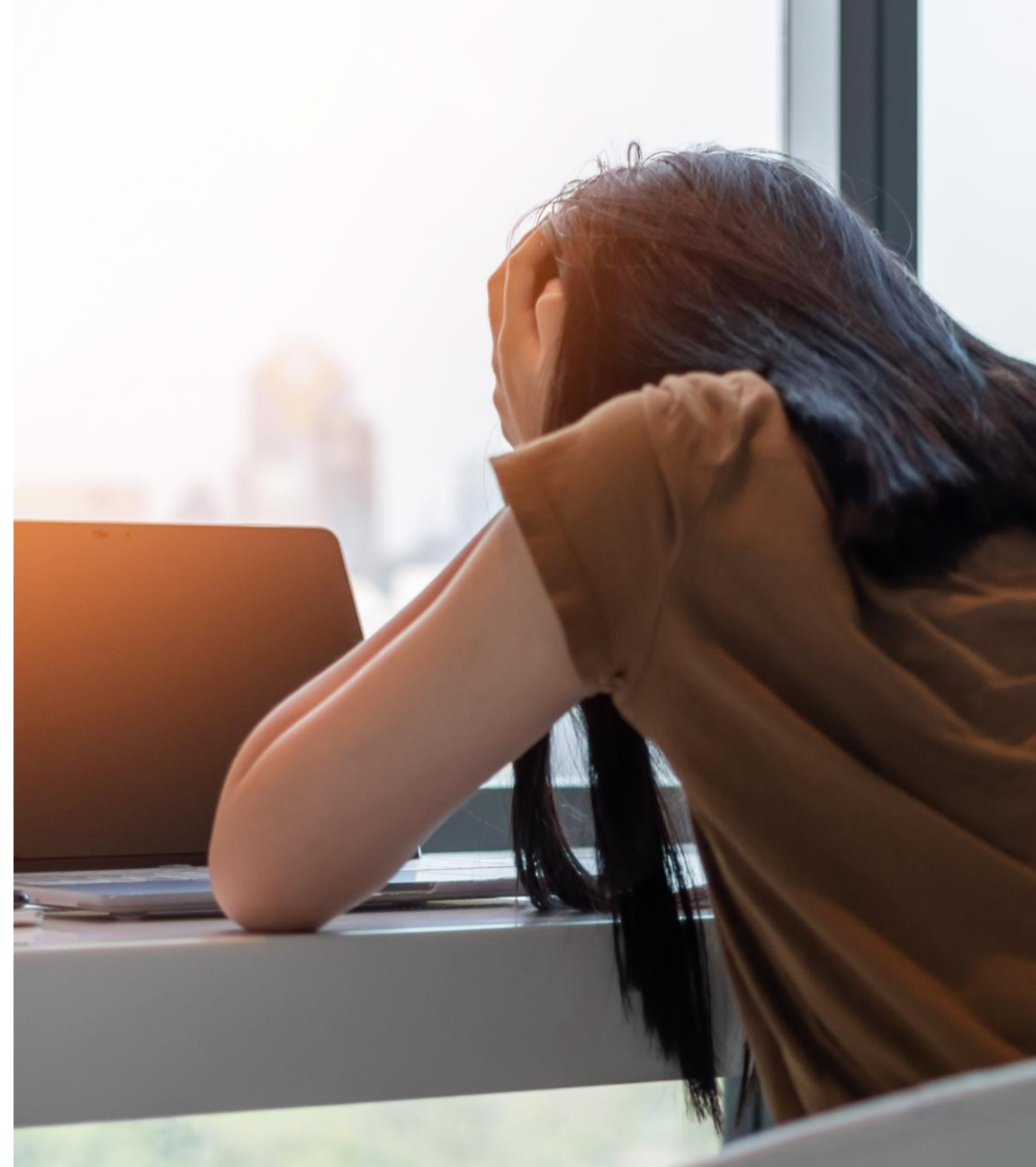
1. Arnone D, et al. *Neurosci Biobehav Rev.* 2024;159:105594.
2. Cai H, et al. *Front Psychiatry.* 2021;12:690130.

3. Pike CK, et al. *Int J Bipolar Disord.* 2024;12(1):8.
4. Olfson M, et al. *JAMA Psychiatry.* 2021;78(8):876-885.
5. Berardelli I, et al. *Front Psychiatry.* 2021;12:779684.

6. Sala-Hamrick KJ, et al. *Psychiatr Serv.* 2023;74(9):936-942.
7. Desai R, et al. *Ageing Res Rev.* 2024;100:102445.
8. Di Salvo G, et al. *Ann Gen Psychiatry.* 2024;23(1):42.

Harmful Effects Of Mental Health Stigma¹

-  Reduced hope
-  Lower self-esteem
-  Increased psychiatric symptoms
-  Difficulties with social relationships
-  Reduced likelihood of staying with treatment
-  More difficulties at work



Reference:

1. Singhal N. Stigma, prejudice and discrimination against people with mental illness. American Psychiatric Association. Published March 2024. Accessed April 7, 2025. <https://www.psychiatry.org/patients-families/stigma-and-discrimination>.

Importance Of Suicide Risk Assessment Tools¹

- To proactively identify individuals at risk, routine suicide risk screening is essential and mandated by accrediting bodies like The Joint Commission (TJC) and Commission On Accreditation Of Rehabilitation Facilities (CARF) as a standard procedure for those with mental health needs
- Validated screening tools, such as the C-SSRS and PHQ-9 for general populations and the Beck scales for higher-risk groups, should be used for effective identification

C-SSRS, Columbia Suicide Severity Rating Scale; PHQ-9, Patient Health Questionnaire-9.

Reference:

1. VA/DoD clinical practice guideline for assessment and management of patients at risk for suicide. Department of Defense and Veterans Affairs. Published 2024. Accessed May 12, 2025. https://www.healthquality.va.gov/guidelines/MH/srb/VADOD-CPG-Suicide-Risk-Full-CPG-2024_Final_508.pdf.

Assessment Tools

Suicide Assessment Five-Step Evaluation And Triage (SAFE-T)

Suicide Behaviors Questionnaire-Revised (SBQ-R)

Columbia Suicide Severity Rating Scale (C-SSRS)

Suicidal Ideation Questionnaire (SIQ)

Suicidal Ideation Questionnaire-Junior (SID-Jr)

Chronological Assessment Of Suicide Events (CASE)

Reasons For Living Inventory

Ask Suicide-Screening Questions (ASQ) Tool

Protective Factors For Suicidal Risk¹

- Access to mental health care and being proactive about mental health
- Feeling connected to family and community support
- Problem-solving and coping skills
- Limited access to lethal means
- Cultural and religious beliefs that encourage connecting and help-seeking, discourage suicidal behavior, or create a strong sense of purpose or self-esteem

Reference:

1. Risk factors, protective factors, and warning signs. AFSP. Accessed April 2, 2025. <https://afsp.org/risk-factors-protective-factors-and-warning-signs/#protective-factors>.



<https://www.pickpik.com/jimbaran-beach-jimbaran-indonesia-bali-sunset-family-113663>

Suicide Prevention Resources: Main Organizations

Resource	Website
American Association Of Suicidology	https://www.suicidology.org
American Foundation For Suicide Prevention	https://afsp.org
Mental Health America: Suicide Prevention Resources	https://mhanational.org/resources/suicide-prevention/
After A Suicide: A Toolkit For Schools (2 nd Edition)	https://sprc.org/wp-content/uploads/2022/12/AfteraSuicideToolkitforSchools-3.pdf
Alliance of Hope For Suicide Loss Survivors	https://allianceofhope.org/
The Joint Commission™	https://www.jointcommission.org/resources/patient-safety-topics/suicide-prevention/
SAMHSA	https://www.samhsa.gov/mental-health/suicidal-behavior/prevention
Speaking Of Suicide	https://www.speakingofsuicide.com/
Suicide Awareness Voices Of Education (SAVE)	https://save.org/
Suicide Prevention Resource Center	https://www.sprc.org/states
National Action Alliance For Suicide Prevention	https://theactionalliance.org/
World Health Organization (WHO)	https://www.who.int/mental_health/suicide-prevention/en/
Zero Suicide	https://zerosuicide.edc.org/



Note: The bolded organizations are supporting organizations for PsychU. SAMHSA, Substance Abuse and Mental Health Services Administration.

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Suicide Prevention Resources

For high-risk populations

Resource	Website/Phone Number
Black Congressional Caucus Task Force On Black Youth Suicide	https://watsoncoleman.house.gov/suicidetaskforce/
The Black Mental Wellness Lounge	https://www.youtube.com/c/theblackmentalwellnesslounge
The Jed Foundation	https://www.jedfoundation.org
Model School District Policy On Suicide Prevention	https://afsp.org/our-work/education/model-school-policy-suicide-prevention/
National Action Alliance: Faith Communities	https://theactionalliance.org/communities/faith-communities
The Confess Project Of America	https://www.theconfessprojectofamerica.org/
The Steve Fund	https://www.stevelfund.org/
The Trevor Project	https://www.thetrevorproject.org/explore/
Trans Lifeline	https://translifeline.org/
Veterans Crisis Line	988, press 1

For frameworks

Resource	Website
ED-SAFE 2 For Emergency Departments	https://pmc.ncbi.nlm.nih.gov/articles/PMC7484364/pdf/nihms-1610222.pdf
Preventing Suicide: A Community Engagement Toolkit	https://iris.who.int/bitstream/handle/10665/272860/9789241513791-eng.pdf?sequence=1
Suicide Prevention Toolkit For Primary Care Practices	https://www.sprc.org/settings/primary-care/toolkit?sid=508



Scan here to access PsychU suicide prevention resources

ED-SAFE 2, Emergency Department Safety Assessment and Follow-Up Evaluation 2.

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**Crisis
Text Line**
741741

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