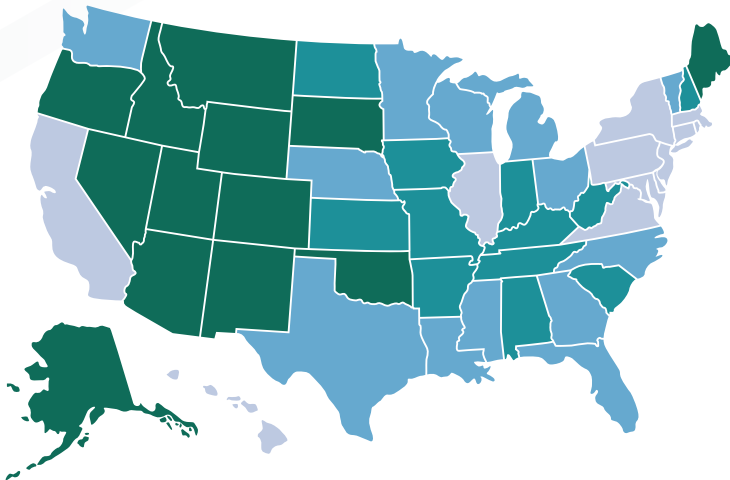


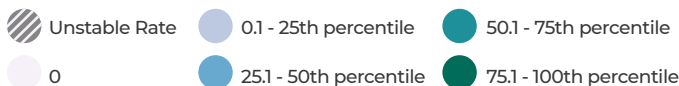
# SUICIDE AWARENESS AND PREVENTION

## SUICIDE DEATH RATES IN THE UNITED STATES

### 2023-2024 SUICIDE DEATH RATES BY STATE<sup>1</sup>



#### Deaths Per 100,000 Total Population<sup>1</sup>



### SUICIDE IN THE UNITED STATES:

- 11<sup>th</sup>** Leading cause of death overall.<sup>2</sup>
- 4<sup>th</sup>** Leading cause of death in those 35-44 years old.<sup>3</sup>
- 2<sup>nd</sup>** Leading cause of death among 10- to 34-year-olds.<sup>4</sup>

**3.85x** Men die by suicide 3.85x more often than women<sup>2</sup>

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)<sup>4</sup>

**About 1 in 4 survivors** thought about suicide for less than 5 minutes<sup>5</sup>

## The Role Of Primary Care In Suicide Prevention

**Primary care providers (PCPs) are often the first to recognize suicide risk.** Many individuals who die by suicide have seen their PCP shortly before. Integrating a holistic approach into routine visits may help more people receive the support they need.<sup>6</sup>

## PROTECTIVE FACTORS For Suicidal Risk<sup>7</sup>



Feeling connected to family and community support



Limited access to lethal means



Problem-solving and coping skills



Cultural and religious beliefs that encourage connecting and help-seeking, discourage suicidal behavior, or create a strong sense of purpose or self-esteem



Access to mental health care and being proactive about mental health

1. Mapping injury, overdose, and violence dashboard. Injury and Violence Data. CDC. Published January 16, 2025. Accessed June 17, 2025. <https://www.cdc.gov/injury-violence-data/data-vis/index.html>.  
2. Suicide statistics. AFSP. Updated May 11, 2024. Accessed June 17, 2025. <https://afsp.org/suicide-statistics>.  
3. Suicide. National Institute of Mental Health. Published 2025. Accessed July 16, 2025. <https://www.nimh.nih.gov/health/statistics/suicide>.  
4. Facts about suicide. CDC. Published July 23, 2024. Accessed June 17, 2025. <https://www.cdc.gov/suicide/facts/index.html>.  
5. Means matter: duration of suicidal crises. Harvard University. 2004. Accessed June 17, 2025. <https://means-matter.hsph.harvard.edu/means-matter/duration/>.  
6. Primary care can play key role in suicide prevention. NIMH. Published December 30, 2024. Accessed May 12, 2025. <https://www.nimh.nih.gov/news/science-updates/2024/primary-care-can-play-key-role-in-suicide-prevention>.

7. Risk factors, protective factors, and warning signs. AFSP. Accessed April 2, 2025. <https://afsp.org/risk-factors-protective-factors-and-warning-signs/#protective-factors>.  
8. Pirakis J, et al. *Lancet Public Health*. 2024;9(10):e787-e795.  
9. Gonda X, et al. *Pharmacol Ther*. 2023;244:108390.  
10. Layman DM, et al. *Psychiatr Serv*. 2021;72(10):1118-1125.  
11. Lewitzka U, et al. *BMC Psychiatry*. 2018;19(1).  
12. Cai H, et al. *Front Psychiatry*. 2021;12:690130.  
13. Pike CK, et al. *Int J Bipolar Disord*. 2024;12(1):8.  
14. Olsson M, et al. *JAMA Psychiatry*. 2021;78(8):876-885.  
15. Sala-Hamrick KJ, et al. *Psychiatr Serv*. 2023;74(9):936-942.  
16. Desai R, et al. *Ageing Res Rev*. 2024;100:102445.  
17. Di Salvo G, et al. *Ann Gen Psychiatry*. 2024;23(1):42.  
18. Fu XL, et al. *Psychol Med*. 2023;53(2):351-361.

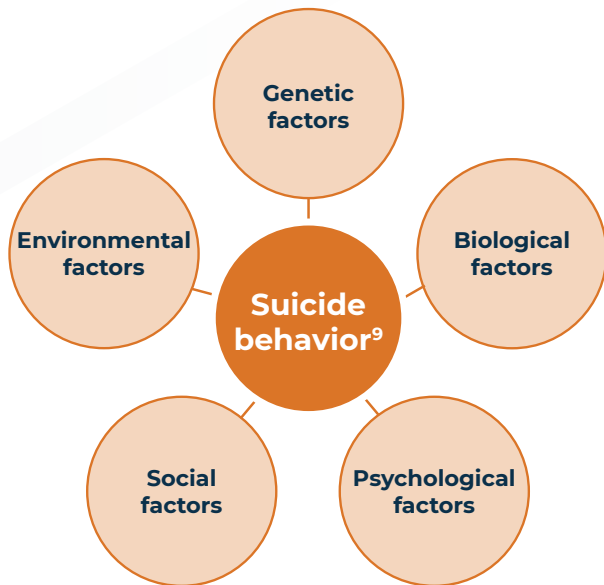
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# SUICIDE AWARENESS AND PREVENTION

## PROVEN SUICIDE PREVENTION

There is never one single  
**CAUSE FOR SUICIDE<sup>8</sup>**



### “ZERO SUICIDE” Practices For Outpatient Mental Health Clinics:

Outpatient mental health clinics with higher fidelity to “Zero Suicide” practices had a **69% lower likelihood** of having a suicide incident.<sup>10</sup>

### NATIONWIDE Suicide Prevention Programs:

Across a study of 21 countries, **suicide rates decreased** after the government initiated a nationwide suicide prevention program.<sup>11</sup>

### Serious Mental Illnesses AND SUICIDE RISK

For individuals living with serious mental illnesses like major depression, bipolar disorder, dementia, schizophrenia, PTSD, and ADHD, the risk of suicide is higher. **About 313 out of every 100,000 people with these conditions die by suicide each year.**<sup>12-18</sup>

## RECOMMENDED RESOURCES

### Knowledge Is Power. FIND SUPPORT HERE.

Visit the Suicide Awareness Resource Library at **PsychU.org** for resources, stories, and ways to help yourself or a loved one.

### PsychU Supporting Organizations In SUICIDE PREVENTION:



**American  
Foundation  
for Suicide  
Prevention**

American Foundation  
For Suicide Prevention:  
**AFSP.org**



American Association  
Of Suicidology:  
**Suicidology.org**



Depression & Bipolar  
Support Alliance:  
**dbsalliance.org**



Mental Health America:  
**mhanational.org**



National Alliance  
on Mental Illness:  
**nami.org**

**988**  
SUICIDE  
& CRISIS  
LIFELINE

**If you or someone you  
know is in crisis, text or call:**  
Suicide Prevention  
Hotline/Lifeline  
1-800-273-TALK (8255)

1. Mapping injury, overdose, and violence dashboard. Injury and Violence Data. CDC. Published January 16, 2025. Accessed June 17, 2025. <https://www.cdc.gov/injury-violence-data/data-vis/index.html>.  
2. Suicide statistics. AFSP. Updated May 11, 2024. Accessed June 17, 2025. <https://afsp.org/suicide-statistics>.  
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