

# It's Okay to Talk About **SUICIDE**

Thoughts of giving up and suicide can be frightening. Not taking these kinds of thoughts seriously can have devastating outcomes.

Suicide is **NOT** the answer.

**2<sup>nd</sup>** Suicide is the 2nd leading cause of death for people ages 10-34



The overall suicide rate has increased 31% since 2001



Suicide is the 10th leading cause of death in the U.S.

**46%** of people who die by suicide have a diagnosed mental health condition

**90%** of people who die by suicide have experienced symptoms of a mental health condition

If you start thinking about suicide, seek help. Call or text a crisis line or a trusted friend.



Make an appointment with a health care professional to talk about what you're thinking or how you're feeling.



Suicidal thoughts are a symptom, just like any other — they can be treated, and they can improve over time.



## HIGH RISK POPULATIONS

75% of all people who die by suicide are male



**4x** Lesbian, gay and bisexual youth are four times more likely to attempt suicide than straight youth

Transgender people are 12 times more likely to attempt suicide than the general population

**12x**

If you are concerned about suicide and don't know what to do, call the National Suicide Prevention Lifeline at 1-800-273-8255.



Data from CDC, NIMH and other select sources. Find citations for this resource at [nami.org/mhstats](http://nami.org/mhstats)

NAMI HelpLine  
800-950-NAMI (6264)



[www.nami.org](http://www.nami.org)

 **nami**  
National Alliance on Mental Illness