

SUICIDE PREVENTION

IF YOU ARE IN CRISIS, PLEASE CALL THE NATIONAL SUICIDE PREVENTION LIFELINE AT **1-800-273-TALK (8255)**
OR CONTACT THE CRISIS TEXT LINE BY TEXTING **TALK TO 741741**.

ASK



USE: [THE COLUMBIA-SUICIDE SEVERITY RATING SCALE \(C-SSRS\)](#)

LISTEN



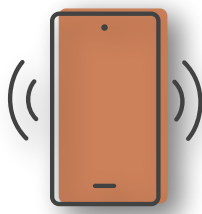
BE OPEN AND UNDERSTANDING

TAKE ACTION



KEEP THEM SAFE.
CALL A HOTLINE.

FOLLOW UP



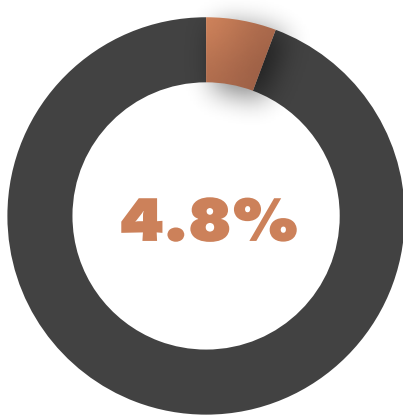
STAY IN TOUCH.
LEAVE A TEXT OR CALL

MEN ARE NEARLY
4X MORE LIKELY
THAN WOMEN
TO DIE BY SUICIDE

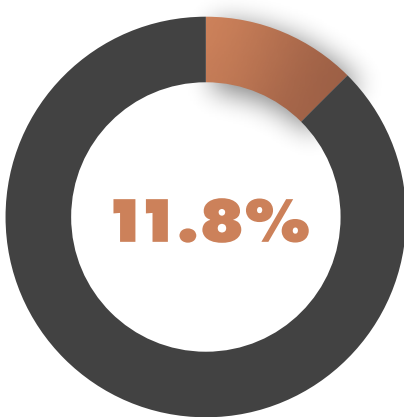
SUICIDE DEATHS
WERE ABOUT **5%**
LOWER IN 2020
THAN IN 2019

SUICIDE IS THE **11TH**
LEADING OVERALL
CAUSE OF DEATH IN
THE UNITED STATES

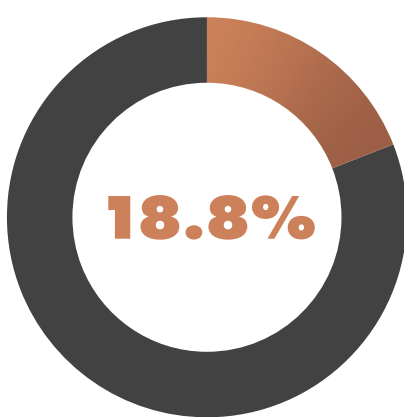
WHO THINKS ABOUT SUICIDE?



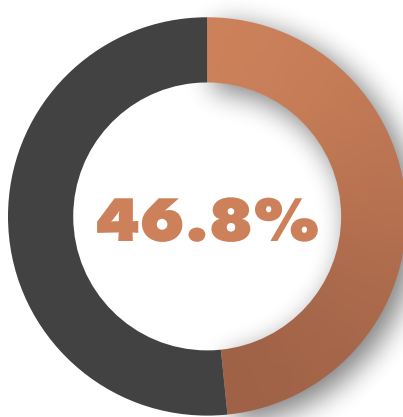
OF ALL ADULTS



OF YOUNG ADULTS
AGED 18-25



OF HIGH SCHOOL
STUDENTS



OF LESBIAN, GAY, &
BISEXUAL HIGH
SCHOOL STUDENTS

WARNING SIGNS



TALKING ABOUT DYING, DEATH, OR SUICIDE



RESEARCHING METHODS OR BUYING
LETHAL MEANS



EXPRESSING THAT THEY FEEL LIKE A BURDEN,
HOPELESSNESS, OR THAT THEY HAVE NO
REASON TO LIVE



WITHDRAWING FROM PEOPLE OR ISOLATING
THEMSELVES



GIVING AWAY POSSESSIONS



CHANGES IN BEHAVIOR, MOOD, OR ROUTINE



TELLING PEOPLE GOODBYE



INCREASED DRUG AND/OR ALCOHOL USE

RESOURCES

SUICIDE PREVENTION PLAYLIST

As an official YouTube mental health partner, we have compiled an evidence-based Suicide Prevention Playlist on YouTube Channel to help you or someone in need learn more about suicide prevention, ways to cope with depression, and suicide prevention treatments.

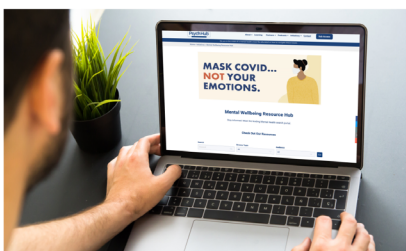
[View Suicide Prevention Playlist](#)



MENTAL HEALTH RESOURCES

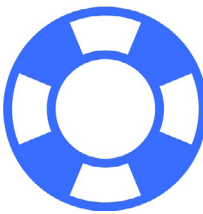
The Mental Wellbeing Resource Hub is a free mental health search tool that makes it easy for individuals to find reliable and relevant wellbeing resources from over 50 Psych Hub Coalition Partners, known for their leadership and expertise in mental wellbeing.

[View Resource Hub](#)



PSYCH HUB'S [SUICIDE PREVENTION PLAYLIST](#) AND [MENTAL WELLBEING RESOURCE HUB](#)

#BeThe1To



**American
Foundation
for Suicide
Prevention**