Nearly 45,000 lives lost to suicide in 2016.

30% Suicide rates went up more than 30% in half of states since 1999.

54% More than half of those who died by suicide had no known mental health condition.

45% Up to 45% of people who die by suicide visit their primary care physician in the month prior.

Know the Suicide Warning Signs

- Feeling like a burden
- Being isolated
- Increased anxiety
- Feeling trapped or in unbearable pain
- Increased substance use
- Looking for a way to access lethal means
- Increased anger or rage
- Extreme mood swings

Expressing hopelessness
Sleeping too little or too much
Talking or posting about wanting to die
Making plans for suicide

5 STEPS TO HELP SOMEONE AT RISK

1. Ask
2. Keep them safe
3. Be there
4. Help them connect
5. Follow up

National Suicide Prevention Lifeline
1-800-273-TALK (8255)