

45K

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.



If you know someone in crisis call the toll-free National Suicide Prevention Lifeline at **1-800-273-TALK (8255)** 24 hours a day, 7 days a week.

#### 5 STEPS TO HELP SOMEONE AT RISK

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



**Indiana Patient Safety Center**

of the Indiana Hospital Association

## 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

