



September 10  
**World Suicide  
Prevention Day**

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**Know someone who's been  
more isolated lately?**

Check in on them. Reaching out can make a difference.

**700K+**

people die by suicide each year<sup>1</sup>



## Together, we can make a difference

Suicide is a global health issue. No one wants to believe someone they care about could take their own life. Yet, each year, hundreds of thousands of people do – and many more attempt to.<sup>1</sup> Among people aged 15–29, suicide is the fourth-leading cause of death globally.<sup>2</sup> Suicide is preventable, but persistent stigma discourages many people from seeking help. Many of those who have survived a suicide attempt or lost someone to suicide are reluctant to share their experiences because they feel ashamed, guilty, embarrassed and alone. Let's help start the conversation to raise awareness and encourage more people to get support before it's too late.

### Know the warning signs

- Threats to harm themselves and searches for methods
- Says things like, “No one will miss me when I’m gone”
- Says goodbye and gives away things they care about
- Experiences dramatic mood swings, acts recklessly, withdraws from others, feels anxious and shows rage

### Know the risk factors

- Experiences depression or a substance use disorder
- Survived a previous suicide attempt
- Becomes socially isolated
- Suffers from chronic illness or pain
- Survived abuse, trauma, war, violence or discrimination
- Going through severe distress like a breakup or loss

# Here are some ways to help



## Help in your community

Consider volunteering at a suicide prevention organization. They might need people to answer phones, chats and messages. You might also support by spreading awareness at community events. Look for other organizations that help at-risk people as well. Youth organizations, mentoring opportunities and recovery programs.



## Get professional help

While your support is valuable, encourage them to seek professional help from a doctor, mental health professional or a suicide prevention specialist. If you're worried they're in immediate danger, don't leave them alone. Seek help from a crisis line or emergency services and remove any methods that could be used to cause harm.



## Be prepared for a tough talk

If you think someone is considering suicide, let them know you are concerned and ask them directly. Gently asking, "Have you thought about hurting or killing yourself?" will not give them the idea. Instead, it shows you care and are open to listening to them talk about their feelings and experiences.

As they talk, listen compassionately, without judgment and without interrupting them. Let them know you care and want to help them get professional support.



## Call or text 988

Contacting 988 is a quick way to access the Suicide & Crisis Lifeline. You can call or text anytime you or a loved one is experiencing a mental health crisis, including considering suicide. A crisis can look different for everyone, so whatever feels like a mental health crisis to you is the right reason to call.

<sup>1,2</sup>World Health Organization (WHO), "Suicide." Published August 28, 2023.

988 Suicide & Crisis Lifeline. "Help someone else." Accessed June 19, 2024

Mind, "Coping after a suicide attempt." Published October 2023.

NAMI, "Suicide Prevention." Accessed June 19, 2024.

Suicide Prevention Resource Center, "Warning Signs of Suicide." Accessed June 19, 2024.

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WHO, "Do you know someone who may be considering suicide?" Accessed June 16, 2024.

WHO, "Suicide rates." Accessed June 15, 2024.