

CATHOLIC MUTUAL: "CARES" FOR KIDS!

Seeking Help is a Sign of Strength: Suicide Awareness & Prevention

Suicide does not discriminate and can affect people of all ages, gender or ethnicity. One death is reported every eleven minutes and it is the second leading cause of death in younger people aged 10-24. Suicidal behavior is complex and knowing the warning signs is the first step toward helping an at-risk individual get the appropriate treatment.

Suicide Statistics

The highest suicide rates are among whites, American Indians and Alaska natives. For every 25 suicide attempts, 1 suicide occurs. Among the elderly, that rate is much higher at 1 suicide per 4 attempts. This means that approximately 130 people die every day from suicide. Males are four times more likely to commit suicide, whereas females are more likely to have suicidal thoughts.

Who is at Risk?

There is no specific formula for figuring out who will be affected by suicidal thoughts or will commit suicide. There are numerous factors that can go into someone considering taking their own life. Some common ones are mental health issues (depression, anxiety), drug/alcohol abuse, and difficult life circumstances. Any one of these problems can be difficult for someone to manage and just because an individual has one of these risk factors does not mean they are suicidal. Below is a more in-depth list of common risk factors and warning signs of identifying people at risk for suicide, however, there could be others not included on this list.

Risk Factors	Warning Signs
Mental Disorders (depression, anxiety)	Talking about wanting to die/kill oneself.
Substance abuse	Planning or looking for a way online.
Chronic pain	Buying a gun or stockpiling pills.
Family violence (physical/sexual abuse)	Talking about being a burden to others or feeling trapped.
Exposure to suicidal behavior of others (family or peers)	Withdrawing from family/friends or feeling isolated.
Prior suicide attempt	Saying good-bye to loved ones.

Seeking Help

Suicidal thoughts or behaviors are more common than suicidal deaths, where these actions should not be ignored. If you know someone who is struggling with suicidal thoughts, research has shown asking about suicide does not increase the suicidal thoughts. Below is a five-step action plan to assist an individual, who may be in distress.



Every individual's experience is unique, where having support from family, friends, or a trusted adult can be very beneficial; however, in some situations seeking professional help may be necessary. This process does not need to be gone through alone, as people are always available for support if you reach out. Individuals can either call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or text the Crisis Text Line by texting HELLO to 741741. These are both free and available 24/7, and all contact is confidential.

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