



Depression and Bipolar Support Alliance

WHEN WE SPEAK UP, WE SAVE LIVES A Guide to Community-Based Suicide Prevention Efforts

Understand Understanding the prevalence of suicidal thinking and behavior is the first step of prevention



1 DEATH EVERY 11 MINUTES

Suicide was the cause for more than 47,500 deaths in 2019



12 MILLION American adults seriously thought about suicide in 2019



3.5 MILLION planned a suicide attempt



1.4 MILLION attempted suicide

WHITES, AMERICAN INDIANS, and ALASKA NATIVES have the highest suicide rates in the US.

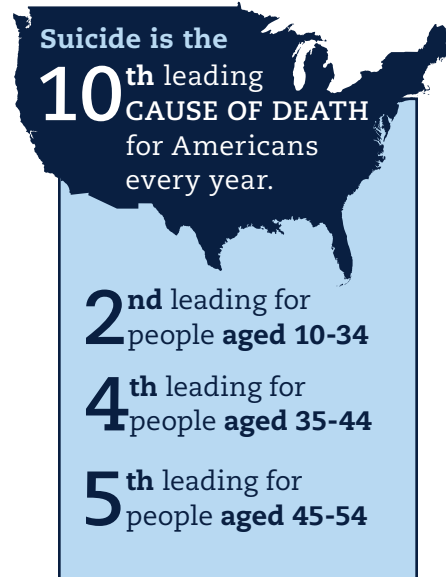
Others with higher than average suicide rates are veterans, people who live in **rural areas**, and workers in **certain occupations** such as mining and construction.



LGBTQ YOUTH have a higher rate of suicidal ideation and behavior compared to their peers who identify as straight.



EARLY DATA FROM 2020 points to an increase in suicide among **BLACK AMERICANS**.



Observe Watch for the warning signs of suicide in your community



DESPITE ITS PERVASIVENESS, SUICIDE IS PREVENTABLE

WARNING SIGNS OF SUICIDE

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no purpose
- Talking about feeling trapped or being in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious, agitated, or reckless
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme changes in mood

IMMANENT SIGNS OF SUICIDE

CALL 911 RIGHT AWAY IF SOMEONE IS

- Threatening to hurt or kill themselves
- Talking about wanting to die
- Searching for ways to attempt suicide by seeking access to lethal means, whether that is online or physically
- Talking, writing, or posting on social media about suicide

Further reading:

[CDC.gov/suicide](https://www.cdc.gov/suicide) | [SAMHSA.gov/suicide](https://www.samhsa.gov/suicide) | [SuicidePreventionLifeline.org/how-we-can-all-prevent-suicide](https://www.suicidepreventionlifeline.org/how-we-can-all-prevent-suicide)




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Connect ✨ Tips for when you notice warning signs of suicidal thinking in someone

IT CAN BE HARD TO TALK ABOUT SUICIDE.

The stigma around mental health condition and suicide can be an overwhelming barrier. Data shows that most people who experience suicidal thoughts do not seek professional help. Stigma can come from families, peers, and society as a whole. Some examples of this are:

-  Keeping quiet because of fear being labeled “crazy,” or **being a burden to others**
-  The incorrect idea that bringing up suicide could **plant the idea** in a person’s mind
-  Not sharing for **fear of social rejection** or ostracization

If you or someone you know is in immediate danger of harming themselves or others, call 911 right away. In some cases, asking questions and letting someone know you are there for them might be enough to convince them to get help.

-  “I’ve noticed some behaviors that are concerning me. **I care about you. Is everything okay?**”
-  “It sounds like things are really rough right now, and I’m worried about you. **Are you thinking about killing yourself?**”
-  “**You’re not alone.** I’m here for you. We will get through this together.”

The most important thing you can do:

LISTEN AND ASK QUESTIONS IN A NON-JUDGMENTAL WAY.



Don’t criticize or blame.



Try to understand what the person is going through and **how you can help.**



Suggest the person seek **professional help.**



Never keep talk of suicide a secret.

Further reading:

SuicidePreventionLifeline.org/help-someone-else | SuicideCallBackService.org.au/worried-about-someone/how-to-talk-to-somebody-about-suicide

Empower ✨ Encourage others to be open about their mental health

LET’S MAKE OUR COMMUNITY A SUPPORTIVE ENVIRONMENT



Encourage others to speak openly about thoughts of suicide



Distribute **information and resources**



Get **professional help** when needed



Listen and speak about mental health



Join our **advocacy efforts**

FOR MORE INFORMATION,
VISIT DBSAlliance.org/SuicidePrevention



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