

## QUICK FACTS

- Suicide is a leading cause of death in the United States.
- Experts believe that isolation from others during the COVID-19 pandemic has led to an increase in suicide rates.
- The pandemic increased many risk factors for suicide, such as social isolation and barriers to physical and mental health care.

## RATES OF SUICIDE

- According to a 2021 CDC report, some groups have disproportionately high rates of suicide.
- **Race and Ethnicity:** Non-Hispanic American Indians, Alaska Natives, and Non-Hispanic whites have the highest suicide rates of all racial and ethnic groups.
- **Gender:** In 2021, the suicide rate for men was 4x higher than for women. Men are 50% of the population but almost 80% of suicides.
- **Age:** People who are 85 years of age or older have the highest rate of suicide.
- Firearms are used in 55% of suicides.

## AT-RISK POPULATIONS

- Adults over the age of 45.
- American Indians.
- Alaska Natives.
- Veterans.
- LGBTQIA+.
- Youth and young adults.
- Survivors of suicide attempts.
- Survivors of significant loss.
- Disaster survivors.
- Survivors of abuse.
- Persons with a mental health or substance use disorder.
- Persons with serious illness or chronic pain.
- Persons with legal problems.
- Persons who are socially isolated.
- Survivors of trauma, discrimination, or bullying.

## WARNING SIGNS

- Talking about or making plans for suicide.
- Acting depressed, anxious, or agitated.
- Behaving recklessly.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.
- Increasing use of alcohol or drugs.
- Feeling hopeless.
- Sleeping too little or too much.
- Overeating or having no appetite.
- Loss of interest in work, school, hobbies.
- Withdrawing from family and friends.
- Talking about seeking revenge.
- Major personality changes.
- Extreme mood swings.
- Giving away items of value.
- Access to lethal means of suicide.
- Making a will or suicide note.
- Making suicidal threats.

Source: <https://www.cdc.gov/suicide/>

## RECOVERY IS POSSIBLE

Call 910-862-6900 today to speak to someone who can help.

## ACTION STEPS YOU CAN TAKE

Learn how to recognize the warning signs when someone is at risk for suicide, and what action steps you can take.

If you believe someone may be in danger of suicide:

- Call **911** (if danger for self-harm seems imminent).
- Call or text **988** to reach the **988 Suicide & Crisis Lifeline** and talk to a caring professional.
- Ask them if they are thinking about killing themselves. This will not put the idea into their head or make it more likely that they will attempt suicide.
- Listen without judging and show that you care.
- Stay with the person or make sure the person is in a private, secure place with another caring person until you can get further help.
- Remove any objects that could be used in a suicide attempt.

Again, you can always call or text **988** to reach the **988 Suicide & Crisis Lifeline** and speak with a professional who can give you guidance.



## TAKE ACTION

If your loved one is not at imminent risk of suicide but is displaying concerning behaviors or warning signs, seek help as soon as possible. The sooner you address the issue, the better the outcome for your loved one.

- Reach out to a trusted friend or family member, your primary care physician, or a mental health professional.
- Remember that early intervention is always best for your loved one's health and well-being.

Call 910-862-6900 today to speak to someone who can help.

This publication is supported by the Health Resources and Services Administration (HRSA) of the US Department of Health and Human Services (HHS) as part of an award totaling \$1,000,000 with 0% financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by HRSA, HHS, or the US Government. For more information, please visit [HRSA.gov](https://www.hrsa.gov).

Resources available upon request.

©2023