

WORLD SUICIDE PREVENTION DAY

Who started World Suicide Prevention Day?

The International Association for Suicide Prevention (IASP) initiated World Suicide Prevention Day in 2003.

What should you do if someone tells you they are thinking about suicide?

Suicide is preventable. If someone is thinking about suicide, it should be taken seriously and non-judgmentally. Help the individual seek a professional, and do not leave them alone.

Emergency steps may need to be taken, such as calling 911.

Who is at the highest risk for suicide in the United States?

Caucasian ethnic groups have the highest suicide rate in the United States.

5 SOBERING SUICIDE FACTS

1. It's part of a mental health emergency

1 in 15 American adults suffer from depression but the good news is that 80-90% of people respond positively to treatment if depression is correctly diagnosed.

2. Older people are more likely to die from suicide

Suicide is most common among people between the ages of 45 and 64.

3. Men commit suicide more often

Men commit suicide more often than women, but women are more likely to attempt it.

4. Globally, the number of suicides is increasing every year.

In the last 45 years, the number of cases has risen by 60%

5. The clock is ticking

Just about every 12 minutes someone kills themselves in America.

BY THE NUMBERS

30% – the percentage increase in the rate of death by suicide in the U.S. between 2000 and 2016.

50% – the percentage increase in suicides among girls and women between 2000 and 2016.

10 – the ranking of suicide as the leading cause of death in the U.S.

47,511 – the number of Americans who died by suicide in 2019.

1.38 million – the number of suicide attempts in the U.S. in 2019.

13.93 – the age-adjusted suicide rate per 100,000 individuals.

3.63x – the number of times that men have had higher suicide rates than women in recent years.

69.38% – the percentage of white males who accounted for suicide deaths in 2019.

50.39% – the percentage of all suicides by firearms.

WHY WORLD SUICIDE PREVENTION DAY IS IMPORTANT

1. Suicide affects all of us

Many people know somebody who has taken their own life or someone who has lost a friend or family member to suicide. World Suicide Prevention Day is a time to reflect on the value of life and that no matter how bad things seem, there's always hope.

2. With awareness comes action

One of the main goals of World Suicide Prevention Day is "to increase awareness about suicidal behaviors and how to effectively prevent them," according to WHO. Contact your local suicide prevention hotline if you have a friend who's confided in you about having suicidal thoughts or you see a concerning social media post. Knowledge makes us more sensitive to the issues in our society. Awareness about the numbers and causes of suicides helps us to not normalize attributing factors such as depression. Most of us are not satisfied with just earning a living. When we volunteer for causes like this where we get to be someone's hero, it enables us to feel like we have a purpose.

3. It shines a spotlight on mental health issues

World Suicide Prevention Day is a reminder that society needs consistent and increasing advocacy for mental health resources so that people struggling with mental health disorders can find the help they need. Learn about the warning signs of suicide on the National Suicide Prevention Month website. Not only does National Suicide Awareness Day help us to identify warning signs in those closest to us, but also ourselves. It heightens our emotional intelligence and helps us learn to be more resilient.

- References: <https://nationaltoday.com/world-suicide-prevention-day/>

**By encouraging understanding, reaching in and sharing experiences, we want to give people the confidence to take action. To prevent suicide requires us to become a beacon of light to those in pain.
You can be the light.**

[Creating Hope Through Action Video](#)