It’s Okay to Talk About **SUICIDE**

Thoughts of suicide can be frightening. But by reaching out for help or checking in with friends and family, we can avoid devastating outcomes.

**Suicide is a leading cause of death in the U.S.:**

- 2nd Among people aged 10-14
- 3rd Among people aged 15-24
- 12th Overall

Among those who die by suicide:

- **46%** Have a diagnosed mental health condition
- **90%** Have experienced symptoms of a mental health condition

**HIGH RISK POPULATIONS**

- 79% of all people who die by suicide are male

- **4x** Lesbian, gay and bisexual youth are four times more likely to attempt suicide than straight youth

- Transgender people are 9 times more likely to attempt suicide at some point in their lifetime than the general population.

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org to reach the 988 Suicide & Crisis Lifeline.

**If you start thinking about suicide, seek help. Call or text a crisis line or a trusted friend.**

**Make an appointment with a health care professional to talk about what you’re thinking or how you’re feeling.**

**Suicidal thoughts are a symptom, just like any other — they can be treated, and they can improve over time.**

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

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**NAMI**

National Alliance on Mental Illness

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[HelpLine](call:1-800-950-6264) / [website](nami.org) / [Twitter](NAMICommunicate) / [Instagram](NAMICommunicate) / [Facebook](NAMI) / [LinkedIn](NAMICommunicate) / [YouTube](NAMICommunicate) / [Email](info@nami.org)