

# It's Okay to Talk About **SUICIDE**

Thoughts of giving up and suicide can be frightening. Not taking these kinds of thoughts seriously can have devastating outcomes.

**2<sup>nd</sup>**

Suicide is the 2<sup>nd</sup> leading cause of death for people ages 10-34



The overall suicide rate has increased 35% since 1999



Suicide is the 10<sup>th</sup> leading cause of death in the U.S.

**46%**

of people who die by suicide have a diagnosed mental health condition

**90%**

of people who die by suicide have experienced symptoms of a mental health condition

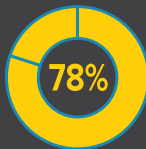
Suicide is **NOT** the answer.

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



## HIGH RISK POPULATIONS

78% 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



Call your EAP and make an appointment to talk with a counselor to talk about what you're thinking or how you're feeling.

Transgender people are 12 times more likely to attempt suicide than the general population

**12x**



If you are concerned about suicide and don't know what to do, call the National Suicide Prevention Lifeline at 1-800-273-8255, or you can text or call the **988** Suicide & Crisis Lifeline

**988**  
SUICIDE  
& CRISIS  
LIFELINE

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



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