



SUICIDE AWARENESS

Suicide is a public health crisis and must be confronted as such:
End the Silence. Smash the Stigma.



Over **48,000** people died by suicide in 2021

1 death every

11 minutes



Many adults think about or attempt suicide.

12.3 million

Seriously thought about suicide

3.5 million

Made a plan for suicide

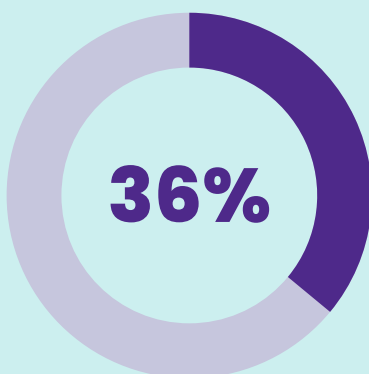
1.7 million

Attempted suicide

Above information from [cdc.gov](https://www.cdc.gov)

Every day, approximately 132 Americans die by suicide.

Save.org



Suicide rates in the U.S. increased approximately 36% from 2000–2021 (CDC)

Suicide is the 2nd leading cause of death worldwide for 15–24-year-olds

Save.org

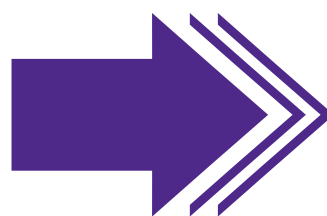
There is hope and help available.

Call or text 988 for free 24/7 support.

Text HOME to 741741 for a trained Crisis Counselor through the Crisis Text Line

Browse suicide prevention resources on the Sharing Kindness website:

[sharingkindness.org/suicide-prevention-resources](https://www.sharingkindness.org/suicide-prevention-resources)



How can we #SmashTheStigma?

1. Talk openly about brain health.

Consider these words by Michelle Obama: "At the root of this dilemma is the way we view mental health in this country. Whether an illness affects your heart, your leg or your brain, it's still an illness and there should be no distinction."


2. Remove the word "commit" when we talk about suicide.

This language harkens back to when suicide was considered illegal and immoral, and perpetuates blame and stigma. Instead we say, "died by suicide."

3. Recognize that suicide is not "selfish."

Suicide often occurs when a person's perceived capacity to cope is overwhelmed by emotional and psychological pain. Most of those we lose to suicide do not want to die; they want to end this incomparable pain. They may feel they are a burden or that their death will somehow benefit others. These thoughts are often influenced by mental illness, trauma, stress, or other factors that impair judgment and rationality. People who feel suicidal need help to find ways to cope with their pain to restore their hope and meaning in life.

PATHS TO PREVENTION



>> Adequate prevention and treatment of depression, alcohol & substance abuse

- >> Restriction of access to common methods of suicide
- >> School-based interventions that enhance self-esteem and help develop coping skills and healthy decision making

How we're making an impact on the Cape & Islands:

- ▶ Raising awareness of suicide with a focus on Cape & Islands youth
- ▶ Providing funding, support & oversight for Hope Squad, a peer-to-peer suicide prevention program, in local schools
- ▶ Offering peer grief support programs specific to suicide loss survivors and attempt survivors
- ▶ Leading QPR (Question, Persuade, Refer) suicide prevention trainings

VISIT US AT [SHARINGKINDNESS.ORG](https://www.sharingkindness.org) FOR MORE INFORMATION.