Sharing Kindness SUICIDE AWARENESS WALK

SUICIDE AWARENESS

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

Over **49,000** people died by suicide in 2023

1 death every **11** minutes

Many adults think about or attempt suicide.

12.8 million
Seriously thought about suicide

3.7 million
Made a plan for suicide

1.5 million
Attempted suicide

Above information from cdc.gov

Every day, approximately 135 Americans die by suicide.

Save.org

In 2023, there were over **2x** as many suicides in the United States as there were homicides. (CDC)

Suicide was the 2nd leading cause of death for 10-34-year-olds and the 4th leading cause of death among ages 35-44.

CDC

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

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 hearkens 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

- Restriction of access to common methods of suicide
- Adequate prevention and treatment of depression, alcohol & substance abuse
- 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 youth and young adults
- Providing funding, support & oversight for Hope Squad, a student-led suicide prevention program (now in 14 schools on the Cape & Martha's Vineyard!)
- Offering peer grief support groups for suicide loss survivors
- Leading QPR (Question, Persuade, Refer) suicide prevention trainings

VISIT US AT SHARINGKINDNESS.ORG FOR MORE INFORMATION.