

Empowering Suicide Prevention and Hope



In 2022 alone, nearly 50,000 Americans died of suicide, according to the American Foundation for Suicide Prevention. Here's how you can protect yourself and your loved ones.

Know the Risks

Suicide crosses all ethnic and socioeconomic barriers. However, certain factors increase the risk.

Health

Mental illnesses increase the risk, as do chronic physical ailments.

Sex

Men commit suicide more often. They also use firearms more frequently.

Stress

Trauma, financial or legal problems, and other stresses increase suicide risk.



Watch for Signs

Suicidal intentions aren't always obvious. Look for these warning signs:

Dangerous actions

Abusing drugs or alcohol, acting aggressively, or driving recklessly may indicate someone is in distress.

Feelings of hopelessness

At-risk individuals may feel like they have no reason to live or they're a burden to loved ones. They may openly admit they're considering suicide.

Personality changes

Someone thinking about suicide may stop socializing, give away their prized possessions, or become irritable, anxious or angry.

Be Proactive

If you feel a loved one may be suicidal, take the threat seriously.

Communicate openly.

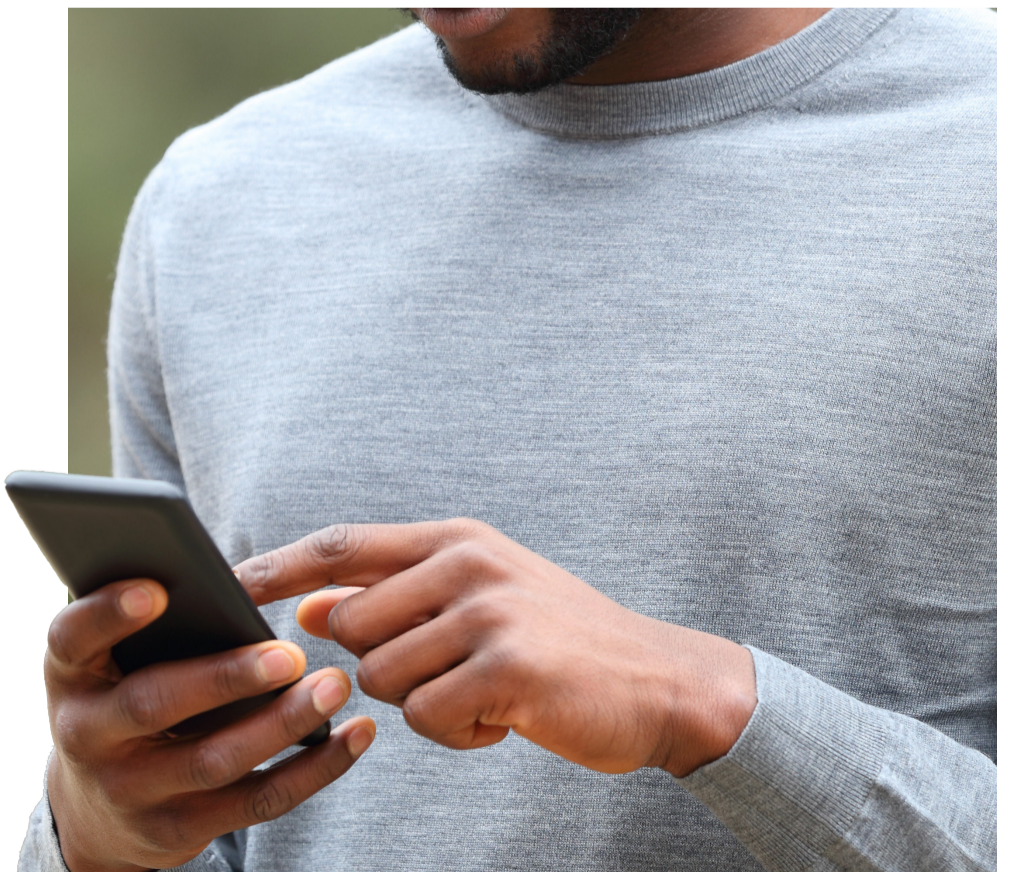
Be honest and offer nonjudgmental support.

Make home safe.

Store knives, razors, ropes, medication and other potentially dangerous items out of reach. Securely store guns and ammunition separately.

Seek help.

For imminent threats, call or text 988 for the 988 Suicide & Crisis Lifeline.



**You are not alone. Help is always available.
Find a trusted health-care provider at weillcornell.org/doctors**