

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

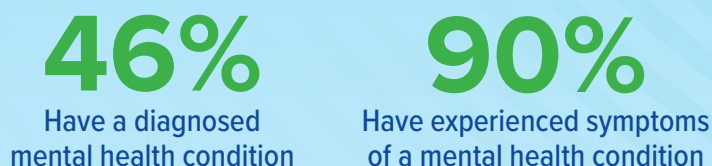
Thoughts of suicide can be frightening. But by reaching out for help or checking in with friends and family, we can avoid devastating outcomes.

Suicide is **NOT** the answer.

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



Among those who die by suicide:



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

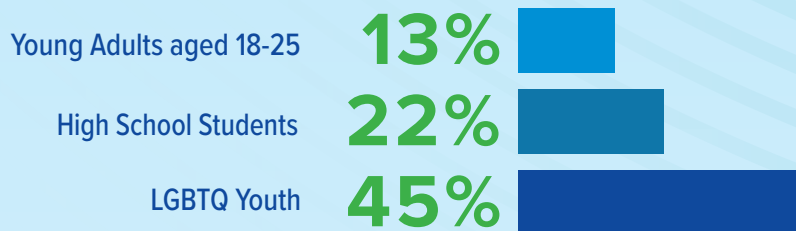


HIGH RISK POPULATIONS — Serious Thoughts of Suicide

U.S. Adults – annual average 4.8%



Youth Populations



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.



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.

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

NAMI HelpLine
800-950-NAMI (6264)



www.nami.org

