

# It's OK to talk about suicide

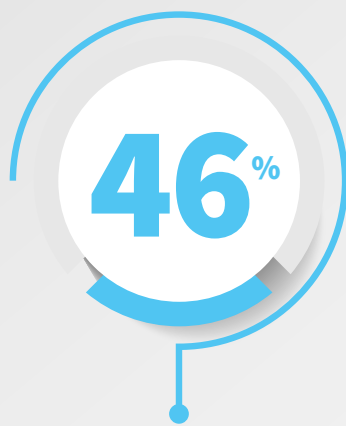
Thoughts of suicide can be frightening. Not taking these kinds of thoughts seriously can have devastating outcomes.



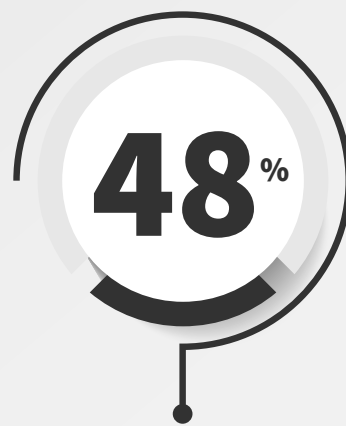
Suicide is the 2nd leading cause of death for people ages 10-34



Suicide is the 12th leading cause of death in the U.S.



46% of people who die by suicide have a diagnosed mental health condition



The overall suicide rate has increased between 1999-2020



90% of people who die by suicide have experienced symptoms of a mental health condition

## High risk populations

**4<sup>x</sup>**

Lesbian, gay and bisexual youth are four times more likely to attempt suicide than straight youth

**79%**

79% of all people who die by suicide are male

**9<sup>x</sup>**

Transgender individuals are nine times more likely to attempt suicide than the general population

Source: National Alliance on Mental Health | Source: The World Health Organization

Dial 988 or call 1-800-273-8255 to reach the National Suicide Prevention Lifeline if you are concerned for yourself or someone else or call 911 for immediate care.

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