

“When you feel like giving up, just remember the reason why you held on for so long.”

Unknown

SUICIDE IS A HARSH REALITY THAT FAMILIES ACROSS AMERICA DEAL WITH DAILY. SUICIDE DOES NOT DISCRIMINATE AND HAS NO BOUNDARIES. THE MORE YOU KNOW, THE MORE YOU CAN HELP SOMEONE CONSIDERING, CONTEMPLATING OR TALKING ABOUT SUICIDE AS A “WAY OUT.”

RESOURCES

<http://www.suicidepreventionlifeline.org>

Crisis Line—1-800-SUICIDE

Veterans Crisis Line—1-800-273-TALK

For Survivors

www.allianceofhope.org

For Parents

<http://jasonfoundation.com>

www.nasponline.org

Alabama Resources

www.asparc.org



SUICIDE FACTS

-10TH LEADING CAUSE OF DEATH
AMONG ALL AMERICANS

-3RD LEADING CAUSE OF DEATH
AMONGH 15-24 YR OLDS

-THE SUICIDE RATE IN ALABAMA FOR
2013 WAS 14.9 PER 100,000 (HIGHER
THAN THE U.S. RATE OF 12.9 PER
100,000).

-84 YOUTH COMMITTED SUICIDE IN 2012

-FIREARMS IS THE MOST COMMON AND
LETHAL MTHOD USED.

[HTTP://WWW.ADPH.ORG/SUICIDEPREVENTION/](http://www.adph.org/suicideprevention/)

BEHAVIOR WARNING SIGNS!

- Increased use of alcohol or drugs
- Withdrawing from activities or Isolation from family & friends
- Sleeping too much or too little
- Aggression or acting recklessly
- Giving away prized possessions
- Visiting or calling people to say goodbye
- Looking for ways to kill themselves such as searching online for materials or means

<https://www.afsp.org/understanding-suicide/suicide-warning-signs>

RED NACIONAL
de
PREVENCIÓN
del
SUICIDIO
1-888-628-9454
prevenciondelsuicidio.org

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

National Prevention Week 2015
Friday-Prevention of Suicide
ADMH Office of Prevention Services