

# National Suicide Week

## **September 6-12 is National Suicide Week**

- In 2006 (the latest year for which we have national statistics), there were 33,300 suicides in the U.S. (91.2 suicides per day; 1 suicide every 15.8 minutes). This translates to an annual suicide rate of 11.1 per 100,000.
- Suicide is the eleventh leading cause of death.
- Suicide rates in the U.S. can best be characterized as mostly stable over time. Since 1990, rates have ranged between 12.4 and 10.7 per 100,000.
- Males complete suicide at a rate four times that of females. However, females attempt suicide three times more often than males.
- Relative to those younger, rates of completed suicide are highest among the elderly (age 80 and over).
- Youth (ages 15-24) suicide rates increased more than 200% from the 1950's to the late 1970's. From the 1970's to the mid 1990's, suicide rates for youth remained stable and, since then, have slightly decreased.
- Suicide ranks third as a cause of death among young (15-24) Americans behind accidents and homicides.
- Firearms remain the most commonly utilized method of completing suicide by essentially all groups. More than half (50.7%) of the individuals who took their own lives in 2006 used this method. Males used it more often than their female counterparts.
- The most common method of suicide for all females was poisoning. In fact, poisoning has surpassed firearms for female suicides since 2001.
- Suicide rates are the highest among the divorced, separated, and widowed and lowest among the married.

**IF YOU ARE IN CRISIS AND  
NEED IMMEDIATE HELP,  
please call  
1-800-273-TALK (8255).**

*The American Association of Suicidology is an education and resource organization. We do not provide direct services.*

## **IS PATH WARM?**

A person at risk for suicidal behavior most often will exhibit warning signs:

### **I** Ideation

- Threatening to hurt or kill him/herself, or talking of wanting to hurt or kill him/herself; and/or
- Looking for ways to kill him/herself by seeking access to firearms, available pills, or other means; and/or
- Talking or writing about death, dying or suicide, when these actions are out of the ordinary.

### **S** Substance Abuse

### **P** Purposelessness

### **A** Anxiety

### **T** Trapped

### **H** Hopelessness

### **W** Withdrawal

### **A** Anger

### **R** Recklessness

### **M** Mood Change

Source: [www.Suicidology.org](http://www.Suicidology.org)

**Courtesy of Wellness Proposals**