



Suicide in the United States

The Problem

Suicide is a serious and rising public health concern in the United States. Yet suicide is preventable when people know the warning signs and have resources available 24/7.

- More than 32,000 people in the United States die by suicide every year, and suicide is the 3rd leading cause of death for youth aged 15 to 24 and is the 4th leading cause for adults aged 18 to 65.
- A person dies by suicide about every 16 minutes in the United States and one suicide attempt is made every minute.
- Approximately 87 Americans take their own life every day, and 1,500 more attempt to do so.
- Twice as many females attempt suicide as males and four times as many males die by suicide than females.
- 90% of all people who die by suicide have a diagnosable psychiatric disorder at the time of their death.
- About 15% of Americans will suffer from clinical depression at some time during their lifetime.
- 30% of all clinically depressed patients attempt suicide; half of them ultimately die by suicide.
- Depression is among the most treatable of psychiatric illnesses. 80-90% of people with depression respond positively to treatment, and almost all patients gain some relief from their symptoms.

How CrisisLink is Addressing the Situation

An organization with a proven track record of assisting individuals experiencing depression, contemplating suicide, facing crisis, or seeking help, CrisisLink works hard around the clock to make sure we're there when people need us the most:

24/7 Hotlines—CrisisLink's 24-hour crisis and suicide prevention Hotlines provide callers with the tools they need to help themselves. Staffed primarily by trained volunteers, this free and confidential service empowers callers of all ages and backgrounds, including veterans and their families, with problem-solving skills and information about resources in their community so that they can better cope with trauma and crises. **CrisisLink's regional Hotline Number is 703-527-4077. CrisisLink also answers calls from the region made to 1-800-273-TALK and 1-800-SUICIDE.**

High Quality Training—CrisisLink's nationally recognized community training department provides suicide prevention and depression awareness training programs throughout the region to teach people how to recognize and respond to the signs of depression and potential suicide.

Support for those who have lost someone—CrisisLink's Tara Sirmans Survivor HOPE Program helps individuals and families cope with the loss of a loved one to suicide or another traumatic cause through immediate support in the aftermath of the loss and through an ongoing support group.

For more information on these, or any other CrisisLink program, please visit **www.CrisisLink.org**, e-mail **information@crisislink.org**, or call **703-527-6603**.

CrisisLink saves lives and prevents tragedies, giving vital support to those facing life crises, trauma, and suicide, and provides information, education and links to community resources to empower people to help themselves. Since 1969, CrisisLink has answered more than half a million crisis calls, responded to over 25,000 potential suicides, and provided more than a quarter million referrals.