

SUICIDE

Suicide effects everyone, regardless of age, class, race, gender, or religion.

Suicide is the **2nd** leading cause of death for ages 10-34, the **3rd** leading cause for ages 15-24, and the **12th** leading cause of death (overall) in the United States. If you are struggling, ***you are not alone.***



The EMPOWER Lab for Project NavIGate

WHAT GROUPS SUFFER?

Suicide Effects:

- **4.9%** of all adults
- **11.3%** of young adults between 18-25
- **18.8%** of highschool students
- **45%** of LGBTQ youth
- **79%** of deaths by suicide are by **males**
- Transgender individuals are **9 times** more likely to commit suicide
- Adoptees are **4 times** more likely to die by suicide



WARNING SIGNS

- Extreme mood swings
- Talking about wanting to die
- Increased alcohol or drug use
- Feeling like a burden to others
- Sleeping too little or too much
- Withdrawing/isolating oneself
- Full of rage or seeking revenge
- Acting anxious or agitated
- Self Harm
- Reckless / dangerous behavior
- Giving away possessions
- Saying goodbye to family & friends

GETTING HELP

If you or anybody you know needs help, please explore these options or confide in a trusted support system.

- *Call the National Suicide Hotline: 988*
- callblackline.com
- wildfloweralliance.org
- peersupportspace.org
- kivacenters.org
- thetrevorproject.org/get-help/