

Suicide Awareness

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Learning Objectives

- Epidemiology
- Risk factors
- Bereavement
- Impact on suicide loss survivors



Give Me Shelter
SUICIDE



Suicide Awareness

- 30% increase in suicide in last 10 years nationally
- 46,000 people died from suicide in 2020 nationally
 - 1 person every 10 minutes
- 100 people died from suicide in Lehigh Valley in 2020
 - More than 1 person/week

Suicide Awareness

- Suicide is 3rd leading cause of death in 10-34 year-olds in Pennsylvania.
- 54% of suicide deaths were by firearms nationally in 2020

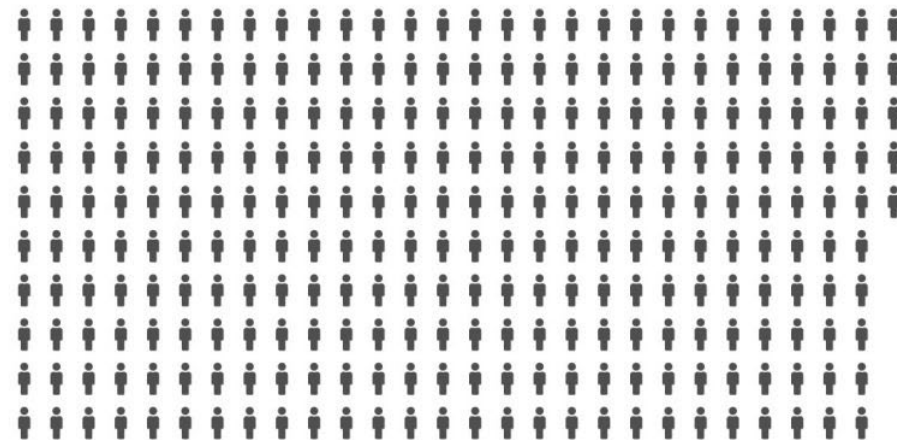
For every
suicide death ,
there are

CDC data

 **4** Hospitalizations for suicide attempts**

 **8** Emergency department visits related to suicide**

 **27** Self-reported suicide attempts***

 **275**
People who seriously
considered suicide***

Suicide Awareness

Socioeconomic Risk Factors

- Demographic parameters
- Social status
- Social change
- Neighborhood
- Environmental incidences



Suicide Awareness

Precipitants

- Job Loss
- Financial
- Illness
- Relationship difficulties
- Other Losses



Suicide Awareness

Warning Signs

- Change in sleep/appetite
- Social Withdrawal
- Anhedonia
- Increased substance use



- Suicide Note
- Talking about death
- Giving away belongings
- Hopelessness

Suicide Awareness

Prevention

1

Talk about
suicide

2

Keep them
safe

3

Be present

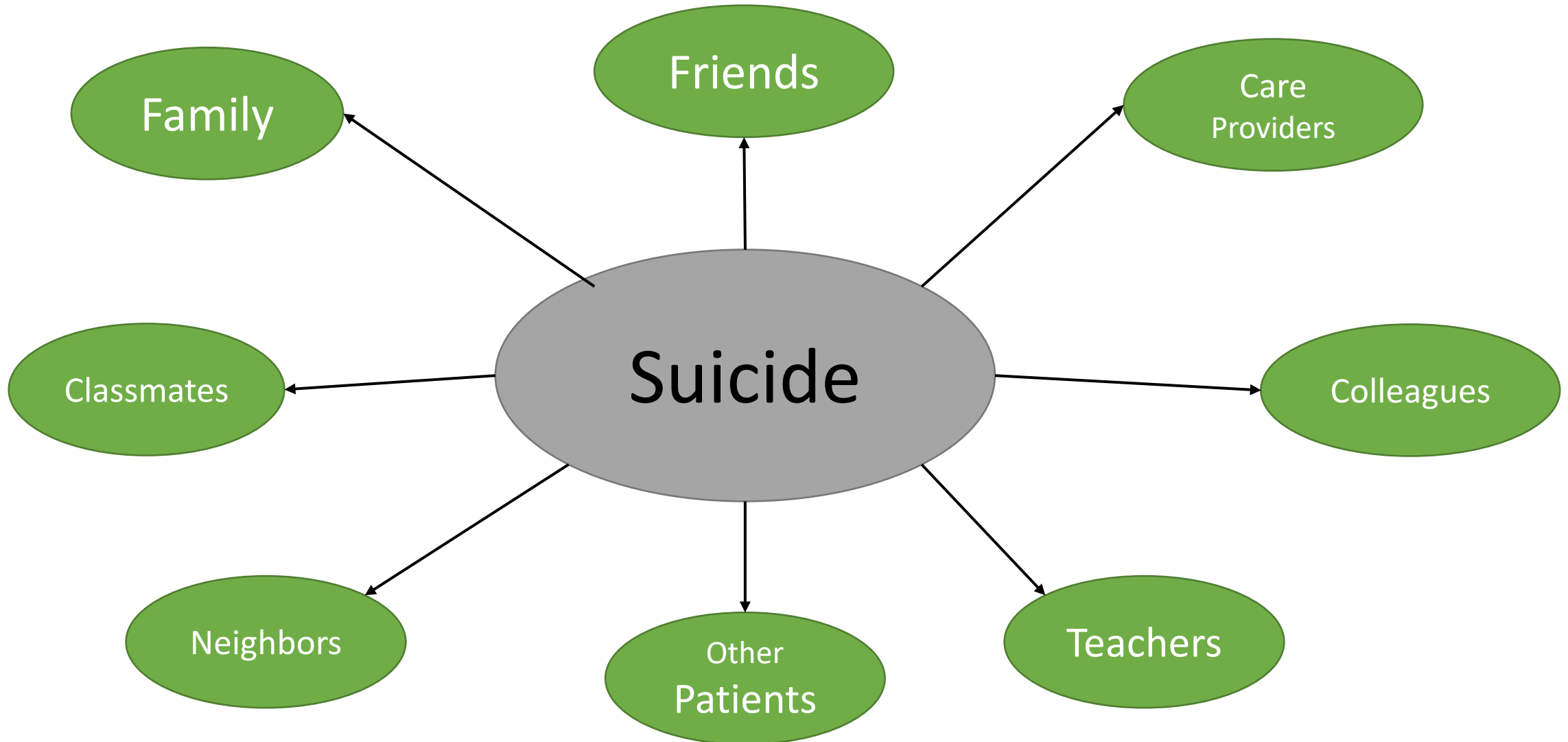
4

Connect
them with a
professional

5

Stay in
contact

Impact of Suicide



Suicide Awareness

- Education
- Compassion
- Community Partnerships



There is Help Out There!



Alliance of Hope
for suicide loss survivors



NAMI

National Alliance on Mental Illness

Questions?

