

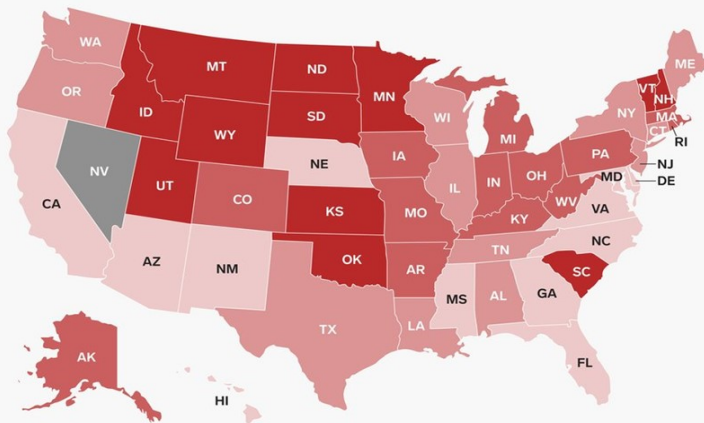
# Suicide Prevention

YOUR WORKPLACE WELLNESS & EAP PARTNER

Suicide is the tenth leading cause of death in the United States. In fact, more people kill themselves than are killed by others each year. It is a serious public health problem. The workplace can be a powerful and influential environment for the prevention of suicide.

## Suicide rates have risen significantly since 1999

■ Decrease 1% ■ 6–18% ■ 19%–30% ■ 31%–37% ■ 38%–58%



Source: CDC Note: Suicide rate is per 100,000 population, age-adjusted to the 2000 US standard population BUSINESS INSIDER

According to the American Foundation for Suicide Prevention, 44,193 Americans die by suicide each year. The rate has risen over 25% since 1999 with a sharp increase in 2006 and again in 2016. These increases cut across all demographic categories.

The rate of suicide is highest in middle age — white men in particular.

For people ages 15 to 24, suicide is the third leading cause of death.

Men commit suicide more often than women, but women report more attempted suicides.

There may be as many as eight suicide attempts for every person who dies in a suicide.

**When someone says he or she feels like committing suicide, take the comment seriously. Listen carefully to what the person is saying and get professional assistance. Crisis help is available 24/7 through the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or call 911, or go to your nearest emergency room.**

### Care for Possible Suicide:

- \* Don't leave the person alone.
- \* Talk to the person calmly. Don't be judgmental.
- \* Don't try to be a counselor; just be a friend.
- \* Get the person to professional help.
- \* Remove anything that might be used in a suicide.
- \* Keep the person away from drugs and alcohol.

*The workplace can be a powerful and influential environment for the prevention of suicide. H&H Health Associates is here to help with counseling, resources, guidance, and support.*

### H&H Health Associates, Inc.

YOUR WORKPLACE WELLNESS & EAP PARTNER

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**SUICIDE**  
**PREVENTION**  
**LIFELINE™**  
**1-800-273-TALK (8255)**



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
www.samhsa.gov

suicidepreventionlifeline.org