

# We Need To Talk About SUICIDE

Together, we can prevent deaths by suicide. It starts with talking about suicide and raising awareness.

## Help Someone in Crisis

**ASK DIRECTLY** Are you thinking about suicide?

**KEEP THEM SAFE** Reduce access to lethal means such as firearms or pills.

**HELP THEM CONNECT** Call/text 988 Suicide & Crisis Lifeline or call 833-302-6463 Blue KC Mindful Advocate.\*

**STAY WITH THEM** Stay with someone in crisis until professional help arrives. Listen nonjudgmentally and acknowledge their feelings.

## Suicide is a Leading Cause of Death in the U.S.

**2<sup>nd</sup>** Among ages 10-34

**5<sup>th</sup>** Among ages 35-54

**11<sup>th</sup>** Overall

## High Risk Populations

**1<sup>st</sup>** People working in construction and extraction had the highest suicide rates among all occupations.

**5x** LGBTQ+ youth and their peers were five times more likely to attempt suicide than straight youth.

**79%** Men made up 79% of suicides; women were more likely to attempt suicide.

# You Are NOT Alone

## If you or someone you know is in crisis:

**Call/Text 988**  
Suicide &  
Crisis Lifeline

**Call 833-302-6463**  
Blue KC  
Mindful Advocate\*

## Among Those Who Died by Suicide in 2020:

**46%** Had a diagnosed mental health condition

**90%** Experienced symptoms of a mental health condition

Learn more about suicide prevention at [BlueKC.com/SP](https://BlueKC.com/SP) or by scanning the QR code.

