

# ***Suicide Is Preventable If Someone Lends a Helping Hand***

As we know from experience, life has its highs and lows. But when life seems like it is a constant series of lows, some choose to take their lives rather than hold on. Here are some facts, statistics, and resources to help people better understand and prevent suicide in general and within the LGBTQ community in particular.



# **Suicide Facts**

- About 30,000 Americans die through suicide each year.
- The number one cause of suicide is untreated depression.
- Suicide rates are higher in the spring
- Four men commit suicide for every woman who does so. Women are more likely to make suicide attempts that result in hospitalization but not death.

# **Suicide Facts**

- Overall, there are 25 suicide attempts for every successful attempt.
- It is estimated that for every adolescent who completes suicide, there are between 50 and 200 teens who attempt it.
- Suicide is the 11<sup>th</sup> leading cause of death in the U.S., but the 3<sup>rd</sup> leading cause for teens.
- Everyday, there are approximately 11 youth deaths caused by suicide.

# **LGBTQ Suicide Facts**

- Teenagers who identify as LGBTQ are three times more likely to commit suicide than heterosexual and cisgender (non-transgender) teenagers.
- A study conducted by the Suicide Prevention Resource Center found that 30-40% of LGBTQ youth have attempted suicide.
- Suicide is the leading cause of death for LGBTQ youth.

# **LGBTQ Suicide Facts**

- Gay men are six times more likely to commit suicide than heterosexual men.
- Lesbians are twice as likely to commit suicide than heterosexual women.
- Suicide attempts by LGBTQ teens are more common in politically conservative areas, where schools do not have LGBTQ support programs.

# **Triggers for Suicide**

- **Depression**
- **Relationship difficulties**
- **Family history of substance abuse or mental disorder**
- **Family violence**
- **Unemployment**
- **Social Isolation**
- **Bullying**

# **Warning Signs that Someone May Be Contemplating Suicide**

- Substance abuse
- Anger
- Hopelessness
- Anxiety
- Preoccupation with death
- Suddenly a happier person



# **Be the Hand that Helps to Prevent Suicide**

- Be willing to talk to someone who is suicidal
- Ask questions, begin a non-judgmental dialogue
- Offer to help
- Offer to find them professional help





# Resources for Those Who May Be Suicidal

- SAVE (Suicide Awareness Voices of Education): [www.save.org](http://www.save.org)
- [Griefnet.org](http://Griefnet.org)
- 1-800-Suicide
- National Suicide Prevention Lifeline:  
1-800-273-TALK
- [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- Trans Lifeline: 1-877-565-8860



# ***Work Cited***

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