

A CONVERSATION ABOUT SUICIDE

What has been your experience related to suicide?

Did you know someone who's committed suicide?

Have you attempted suicide?

STATISTICS

- » Suicide is in the top three leading causes of death for teenagers and young adults.
- » 90% of people who commit suicide have a diagnosable and treatable mental health disorder and/or substance abuse disorder.
- » Every 34 seconds, someone attempts suicide in the U.S.
- » From January to October of this year, the FWPD Crisis Intervention Team (CIT) responded to 1,117 calls. Of those calls, 807 were suicide related and 331 consisted of people under the influence of alcohol and/or drugs.
- » In 2011, there were 35 deaths from suicide in Fort Wayne.
- » From January to October of this year, there were already 45 deaths from suicide. This amounts to an already 28% increase from 2011, and, the year has not yet ended.

SIGNS & COMMENTS

Life isn't worth living.

I won't be around to deal with that.

I won't be in your way much longer.

Getting affairs in order (paying off debt, changing a will).

My family would be better off without me.

You'll be sorry when I'm gone.

I'd be better off dead.

Signs of planning an attempt (weapon, writing a note).

Even though some suicides occur without outward warning signs, 50-75% of suicides do in fact entail visible warning signs.

ACTION // RESPONSE

Always take mention of suicide seriously.

Voice your concern.

Learn how and be willing to listen.

Get help.

When one commits suicide, many others are affected: for example, significant other, family, friends, co-workers, classmates, neighbors, acquaintances, affiliates, emergency responders, and/or witnesses of the event.

Resources for assistance :: afsp.org | wethelivingfw.org | nami.org | stopasuicide.org

Material provided by MHA of Allen County and stopasuicide.org.