



Did you know...

Over 50,000 people died by suicide last year in the U.S. (2023)

Suicide is the 2nd leading cause of death among people ages 15-34

For every death, there are 100-200 attempted suicides

Suicide is preventable

Only 2 out of 5 people who need mental health treatment seek out that treatment due to STIGMA around the topic

Protective factors in life can lower suicide risk

Belongingness is the single greatest protective factor

Mental health treatment is available and effective

Self care strengthens mental health!



The Sarah Michelle Peterson Foundation

www.worldwithoutsuicide.org

Anyone can help save a life.

- Suicide is the most preventable kind of death and almost any positive action may save a life.
- Most suicidal people communicate their intent during the week preceding their attempt.
- Asking someone directly about suicide lowers anxiety, opens up communication, and lowers the risk of an impulsive act. **It's a relief to have someone ask.**
- You can learn how to notice the warning signs and take action to save a life.



The Sarah Michelle Peterson Foundation

www.worldwithoutsuicide.org

Everyone either knows someone who has died by suicide or is worried someone's mental health.

- **Early detection** of people beginning to experience mental health difficulties provides an earlier opportunity to intervene and refer them for support.
- Be part of the **safety net** of people who can help others throughout our communities.
- **Training** for any organization or community can empower people with life-saving skills for years to come.
- We use **evidence-based** programs presented by certified facilitators.

