

Combating Suicidality

Basic Facts

- Suicide is among the leading causes of death, affecting individuals of all backgrounds
- Raising awareness and providing resources can help save lives



Risk Factors

- Major life stressors (loss of a loved one, financial struggles, job loss)
- Mental health conditions (depression, anxiety, PTSD, bipolar)
- Substance use (alcohol or drug use can increase impulsivity)



Signs of Suicidality

- Expressing hopelessness or feeling like a burden
- Withdrawing from loved ones and social activities
- Talking about death or making suicidal statements



Social Connection

- Loneliness can intensify feelings of hopelessness– checking in on others can make a difference
- Small gestures from others– such as saying happy birthday or making plans– can help build a support system



You Matter!

- No matter how dark things feel, you are not alone
- Help is available– reaching out is a sign of strength, not weakness



If you or someone you know is struggling, call or text 988 for the Suicide & Crisis Lifeline