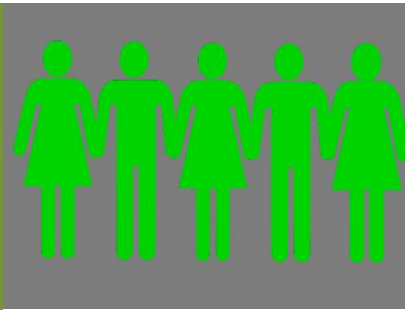


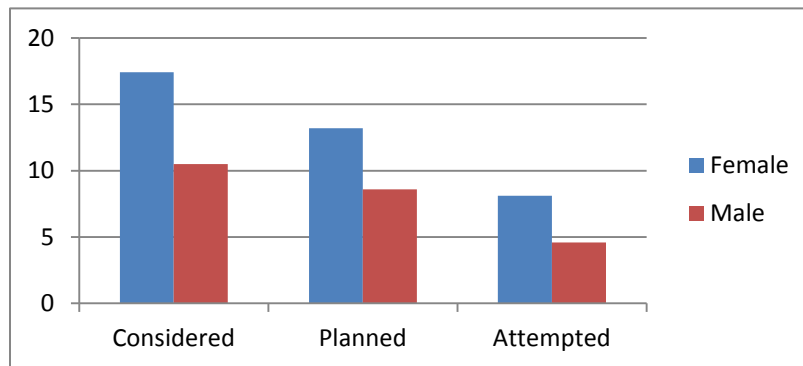
RAISING *mental health awareness*

Suicide facts



Did you know...?

- Suicide is the 2nd leading cause of death in youth aged 12-17 ([CDC](#)).
- 90% of those who died by suicide had an underlying mental illness ([HHS](#)).
- A high percentage of high school students report having considered, planned or attempted suicide with research showing females at higher rates ([CDC](#)). The comparison, in percentages, is as follows:



Common suicide warning signs

- Talking about hopelessness, worthlessness, being a burden to others, feeling trapped or having no reason to live.
- Having no motivation or losing interest in activities once enjoyed.
- Withdrawing or feeling isolated.
- Sudden change in personality or behaviors.
- Giving away possessions, behaving recklessly.
- Talking about death or not being here tomorrow. Looking for ways to kill oneself such as searching online or buying a gun.

**These signs require immediate action. Take them seriously to save a life.
Call the National Suicide Hotline 24/7 at (800) 273-TALK (8255).**

To learn more, visit www.nami.org/caac.