BE THE ONE TO SHOW YOU CARE.

1-800-273-TALK (8255)

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Help Prevent Suicide

Let’s save lives by stopping suicidal thoughts and behaviors before they start.

Suicide is a public health problem.

In the U.S., 121 suicides occur each day.

Help Prevent Suicide

Suicide is preventable.

By thinking beyond treatment alone to strategies that address the context and underlying factors, we can prevent suicide risk in the first place.

CDC has developed a technical package to help states and communities use the best available evidence to prevent suicide.

7 strategies to prevent suicide:

- Strengthen economic supports
- Strengthen access & delivery of suicide care
- Create protective environments
- Lessen harms & prevent future risk
- Identify & support people at risk
- Teach coping & problem-solving skills
- Promote connectedness

It is important to monitor and evaluate your efforts. Findings can be used to inform planning and enhance implementation.

Be a part of the solution.

www.cdc.gov/violenceprevention

Goal of the American Foundation for Suicide Prevention and National Action Alliance for Suicide Prevention.

ACT NOW!

Use CDC’s technical package to start or expand your suicide prevention efforts.

If you or someone you know is in crisis, please contact the National Suicide Prevention Lifeline.

Talk: 1-800-273-TALK (8255)
Chat: www.suicidepreventionlifeline.org

Find more planning & prevention resources:
www.cdc.gov/violenceprevention/suicide

Public Health, Business Labor, Health Services, Education, Veteran/Military, Government, Justice, Housing, Media, Community Organizations (Foundations, Faith-Based Groups, & More)

Help America reduce the suicide rate by 20% by 2025.