Did you Know?

Talking about suicide will NOT give someone the idea of suicide. Talking about it actually helps people who are struggling with suicidal thoughts feel seen and supported.

Some groups are at higher risk of suicide:

LATINA YOUTH 40%
Latinx high school females had a 40% higher rate of suicide attempts than white classmates in 2017.

LGBTQ YOUTH 42%
42% of LGBTQ youth seriously considered attempting suicide in the past year, including more than half of transgender and nonbinary youth.

MIDDLE AGE MEN
3.6 male suicide deaths for every 1 female suicide death

SUICIDE IS PREVENTABLE!
Suicidal crises are typically short lived. Having someone to sit with and talk to can help a person move out of the crisis without acting on their suicidal thoughts.

Take Action: We want to Empower New Yorkers to Save Lives. It starts with knowing the warning signs of suicide and what to do next:

Spot the Warning Signs
- Conversations about killing themselves or wanting to die.
- Searching for a way to kill themselves (buying a gun, Google searches).
- Mentioning feeling hopeless with no reason to live.
- Talking about feeling unbearable pain or trapped.
- Suggesting they are a burden to others.
- Increase in alcohol and drug use.
- Sleeping too little or too much.
- Withdrawing or isolating themselves.

Respond with Concern
- Ask them openly and directly if they are thinking about suicide. If you need tips on how to start the convo check out our Language Matters guide.
- Ask them to tell you about what has been going on and LISTEN to them.
- Avoid discussing the value of life, minimizing problems, or giving advice.
- Let them know it’s important to get help, and stay with them while exploring options (some of the resources at the bottom are a great start).

Create ‘Suicide Safe’ Spaces
- Store firearms safely; that means locked and unloaded. Encourage your friends to do the same.
- Help friends remove guns from their home when they are in crisis, until the danger subsides.
- If you’re a gun owner, talk to your local firearm retailers and range owners about joining the cause! Their ongoing contact with the firearms-owning community makes these organizations uniquely able to help prevent suicide.

Connect to Help
National Suicide Prevention Lifeline 1-800-273-8255
Crisis Text Line Text Got5 to 741-741
The Trevor Project 1-866-488-7386 or text START to 678678
Veterans Crisis Line 1-800-273-8255 (press 1)