

OMH's Spotlight series highlights the challenges faced by different New York populations. We recognize the unique issues surrounding suicide and invite you to learn more.

## 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.



Half of suicide deaths in the US involve a firearm.

Some groups are at higher risk of suicide:

### LATINA YOUTH



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

### LGBTQ YOUTH



**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)