Did you know?

- Suicide is the 10th leading cause of death in the U.S. and the 9th leading cause of death in Canada.
- There are an estimated 25 suicide attempts for each suicide death; about one attempt every minute.
- 90% of people who die by suicide have a diagnosable psychiatric illness at the time of death.
- 80% of those who complete suicide have told someone about their intentions.
- Suicide is preventable!

Recognize the warning signs:

- Isolating
- Talking about death or suicide
- Engaging in risky behavior
- Giving away possessions
- Making preparations for family’s welfare
- Buying a gun or other lethal means
- Making reference to how things will be “When I’m gone.”

If you are ever working with a member that you suspect may be suicidal – get help. Do not deal with it on your own!

References and Resources:

- https://afsp.org/ (American foundation for Suicide Prevention)
- http://www.iaffrecoverycenter.com/ (IAFF Recovery Center)
- http://www.afterdeployment.com (Online Self Assessments and Facts)