



September is  
**SUICIDE  
PREVENTION**  
awareness  
month

# SUICIDE PREVENTION AWARENESS

“Suicidal thoughts are a symptom, just like any other – they can be treated, and they can improve over time.”

“National Alliance on Mental Illness.” NAMI, 2022,

[https://www.nami.org/home?gclid=CjwKCAjwyaWZBhBGEiwACslQo5e4bwTfA9-ezZic5EzlqzvONTHNOoTlOnDtoP43CgDFWBbCLXEvihoC6A4QAvD\\_BwE](https://www.nami.org/home?gclid=CjwKCAjwyaWZBhBGEiwACslQo5e4bwTfA9-ezZic5EzlqzvONTHNOoTlOnDtoP43CgDFWBbCLXEvihoC6A4QAvD_BwE).

# KEY FACTS

- **79%** of all people who die by suicide are male.
- Women are **4x** more likely to attempt than males.
- Suicide is the **2nd leading** cause of death among people aged 10–14 and the **3rd** leading cause of death among people aged 15–24 in the U.S.
- Lesbian, gay and bisexual youth are nearly **4x** more likely to attempt suicide than straight youth.

“National Alliance on Mental Illness.” NAMI, 2022,

[https://www.nami.org/home?gclid=CjwKCAjwyaWZBhBGEiwACslQo5e4bwTfA9-ezZic5EzlqzvONTHNOoTlOnDtoP43CgDFWBbCLXEvihoC6A4QAvD\\_BwE](https://www.nami.org/home?gclid=CjwKCAjwyaWZBhBGEiwACslQo5e4bwTfA9-ezZic5EzlqzvONTHNOoTlOnDtoP43CgDFWBbCLXEvihoC6A4QAvD_BwE).

# KEY FACTS CONT...

- Transgender adults are nearly **9x** more likely to attempt suicide than the general population.
- **46%** of people who die by suicide had a diagnosed mental health condition
- **90%** experienced symptoms of a mental health condition.

“National Alliance on Mental Illness.” NAMI, 2022,

[https://www.nami.org/home?gclid=CjwKCAjwyaWZBhBGEiwACslQo5e4bwTfA9-ezZic5EzlqzvONTHNOoTlOnDtoP43CgDFWBbCLXEvihoC6A4QAvD\\_BwE](https://www.nami.org/home?gclid=CjwKCAjwyaWZBhBGEiwACslQo5e4bwTfA9-ezZic5EzlqzvONTHNOoTlOnDtoP43CgDFWBbCLXEvihoC6A4QAvD_BwE).

# WARNING SIGNS OF SUICIDE

- Increased alcohol and drug use
- Withdrawal from friends, family, and community
- Dramatic mood swings
- Giving away possessions
- Saying goodbye to friends and family

Comments or thoughts about suicide

- "I am better off not existing."
- "Nothing matters."
- I wish I wasn't here"

# TALKING TO SOMEONE

- Talk open and honestly
  - ask questions about
- Express support and concern
  - "I care about you and your safety."
- Avoid arguing and/or threatening
- Avoid debating whether suicide is right or wrong
- Be patient

"National Alliance on Mental Illness." NAMI, 2022,

[https://www.nami.org/home?gclid=CjwKCAjwyaWZBhBGEiwACslQo5e4bwTfA9-ezZic5EzlqzvONTHNOoTlOnDtpP43CgDFWBbCLXEvihoC6A4QAvD\\_BwE](https://www.nami.org/home?gclid=CjwKCAjwyaWZBhBGEiwACslQo5e4bwTfA9-ezZic5EzlqzvONTHNOoTlOnDtpP43CgDFWBbCLXEvihoC6A4QAvD_BwE).

# SHOWING SUPPORT MATTERS

Asking for help can be hard

- some culture can play a factor
  - "Pull yourself up by your bootstraps"
  - "Man up and do it."
- Feeling like a burden
  - People who have learned to be independent at an early age can feel guilty when asking for help

# RESOURCES

## On Campus

- Colleagues and Professors
- Health and Wellness Center
  - **Personal Counselors**
  - [cuyamaca.pc@gcccd.edu](mailto:cuyamaca.pc@gcccd.edu)

- Call or Text **9-8-8**
- Chat **[988lifeline.org](https://988lifeline.org)**