



Suicide is never the answer.

45K

Nearly 45,000 lives lost to suicide in 2016.

↑30%

Suicide rates went up more than 30% in half of states since 1999.

54%

More than half of those who died by suicide had no known mental health condition.

45%

Up to 45% of people who die by suicide visit their primary care physician in the month prior.



## Know the Suicide Warning Signs

- Feeling like a burden
- Being isolated
- Increased anxiety
- Feeling trapped or in unbearable pain



- Increased substance use
- Looking for a way to access lethal means
- Increased anger or rage
- Extreme mood swings

- Expressing hopelessness
- Sleeping too little or too much
- Talking or posting about wanting to die
- Making plans for suicide



## 5 STEPS TO HELP SOMEONE AT RISK

1. Ask
2. Keep them safe
3. Be there
4. Help them connect
5. Follow up



National Suicide Prevention Lifeline  
**1-800-273-TALK (8255)**



**Indiana Patient Safety Center**

of the Indiana Hospital Association