

Nearly 45,000 lives 45K lost to suicide in 2016. Suicide rates went up more 30%

than 30% in half of states since 1999.

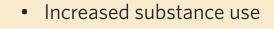
More than half of those who died 54% by suicide had no known mental health condition.

Up to 45% of people who die by suicide visit 45% 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





- 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)



of the Indiana Hospital Association