

Preventing Suicide Among High Risk Groups

Before you read: This content talks about suicide prevention. Some linked sources may include sensitive topics. Our goal is to raise awareness, promote prevention and care for readers' well-being.

Suicide affects people from all walks of life. Some groups face higher risk because of stress, loss or lack of support. Knowing who is at higher risk helps us give the right kind of care and support.

Groups at Higher Risk

Some people face more pressure or fewer supports, which raises risk.

LGBTQ+ community

Many youth who are LGBTQ+ think about suicide. Transgender and nonbinary youth face even greater risk. Being LGBTQ+ is not what increases suicide risk. It is the experience of rejection, bullying, discrimination, isolation, fear and not feeling safe or accepted that can increase emotional pain and hopelessness.

Veterans

People who are veterans face higher suicide rates than other adults. Some live with trauma, sadness or stress after leaving the military. Many have trouble getting care or worry about asking for help.

Older men

Men age 75 and older have the highest suicide rates. Risk grows with illness, loss of loved ones and being alone. Many older men do not talk about their feelings.

Racial and ethnic minorities

Suicide rates are rising faster among some groups, including Black youth. Indigenous people face much higher suicide rates than average. Barriers to care and stigma around mental health play a role.

Why Risk is Higher

People at higher risk often share common struggles. These include feeling alone, facing unfair treatment or not having access to mental health care. Support works best when it respects culture, identity and life experience.

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Veterans accounted for nearly 14% of all suicides among U.S. adults, despite making up only ~8% of the adult population.

U.S. Department of Veterans Affairs

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How to Help Prevent Suicide

Support people who are LGBTQ+: Create safe and welcoming spaces. Show respect. Share mental health resources made for those who are LGBTQ+. Feeling accepted can lower risk.

Support veterans: Help those who are veterans find mental health care. Encourage peer support. Remind them that asking for help is strength.

Support older men: Reduce loneliness by checking in often. Encourage doctor visits and mental health talks. Watch for changes in mood or behavior.

Support minority communities: Bring care into the community. Use providers who understand culture and language. Build trust and local support.

If Help is Needed

If you or someone you know feels very sad or thinks about suicide, help is available.

Reach out. Talk with someone you trust.

Make a plan. Write down who to call during hard moments.

Talk to a professional. Call the behavioral health number on your health insurance card or use an Employee Assistance Program.

Call or text the Suicide and Crisis Lifeline at 988 or call 800-273-8255, day or night, even if you just need someone to talk to.

Connection saves lives. Listening, caring and acting early can make a real difference.

#StopSuicide

If someone is in crisis, encourage them to call the **Suicide and Crisis Lifeline** at 988 or 800-273-8255. Help is free, private and available all day, every day.

Reviewed by Clinical Consultant, LMHC.

Call 911 if someone is in immediate danger or a life-threatening emergency requiring immediate physical intervention. If you or someone you know is struggling emotionally, feeling overwhelmed, anxious, hopeless, in crisis, or simply needs someone to talk to, call or text 988 for free, confidential support 24/7. The 988 Lifeline is available to anyone in the United States or U.S. territories. People do not have to be suicidal or in immediate danger to call or text 988. There is also a chat feature available on 988lifeline.org. Lucet members can contact us to connect with free resources and find care.