

The State of Suicide Awareness

Older men face the greatest risk

Men age 75 and older have the highest suicide rate of any age group. **Illness, loss, and isolation** play a major role.

- Centers for Disease Control and Prevention



People who are LGBTQ+ and experience **discrimination** as well as those who are **veterans** are among the groups with the highest suicide risk. Creating safe, accepting spaces and improving access to mental health services **can help prevent suicide.**

- The Trevor Project & U.S. Department of Veteran Affairs



After a hospital stay help create a safe space by listening without judgment. Avoid topics that cause stress. **Encourage healthy ways to share feelings**, such as talking, writing or creative activities.



More than half of people who died by suicide had never been checked for a mental health condition. **Getting care early can save lives.**

- National Alliance on Mental Illness

Visit [LucetHealth.com](https://www.lucethealth.com) to view the

Suicide Awareness & Conversation Toolkit

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 (this is the 988 Lifeline) for free, confidential support 24/7. 988 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](https://www.988lifeline.org). Lucet members can contact us to connect with free resources and find care.