

Suicide Prevention

Did you know?

- Suicide is the **10th leading cause of death** in the U.S. and the **9th leading cause of death** in Canada.
- There are an estimated **25 suicide attempts for each suicide death**; about one attempt every minute.
- **90% of people who die by suicide** have a diagnosable psychiatric illness at the time of death.
- **80% of those who complete suicide** have told someone about their intentions.
- Suicide is preventable!



Brought to you by Peer Support Central Texas, a 2016 Texas A&M and Baylor Scott & White Health study in partnership with the IAFF, funded by the Hogg Foundation for Mental Health.

Recognize the warning signs:

- Isolating
- Talking about death or suicide
- Engaging in risky behavior
- Giving away possessions
- Making preparations for family's welfare
- Buying a gun or other lethal means
- Making reference to how things will be "When I'm gone."

If you are ever working with a member that you suspect may be suicidal – get help. Do not deal with it on your own!

References and Resources:

- <https://afsp.org/>
(American foundation for Suicide Prevention)
- <http://www.iaffrecoverycenter.com/>
(IAFF Recovery Center)
- <http://www.afterdeployment.com>
(Online Self Assessments and Facts)

Peer Support Specialist:

[NAME]
[PHONE]
[EMAIL]



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