



# Suicide Fact Sheet

## Suicide Facts

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- Suicide is the second leading cause of death for ages 10-24 in the United States accounting for 5,178 deaths
- On average one person dies by suicide about every 8 hours in the state of Tennessee

## Warning Signs

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- Expressing hopelessness, no reason for living, or having no sense of purpose in life
- Having rage, anger, or seeking revenge
- Acting recklessly or engaging in risky activities seemingly without thinking
- Withdraw from friends, family, and society
- Having dramatic change in moods
- Giving away prized possessions

## Suicide Resources

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- 1-800-SUICIDE (784-2433)
- 1-800-273-TALK (8255)
- 1-800-799-4TTY (4889) – For hearing and speech impaired

## How You Can Help

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- Tell the person that you are concerned and that you want to help
- Express empathy for the young person and what they are going through
- Respect the culture of the person and respond in ways that demonstrate this respect
- Clearly state thoughts of suicide are common and help is available to discuss these thoughts because this may instill a sense of hope
- Tell the person that thoughts of suicide do not have to be acted on

\*Source: [Mental Health First Aid](#)

