Suicide Fact Sheet

Suicide Facts

• 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

• 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

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

How You Can Help

• 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

TENNESSEE VOICES FOR CHILDREN