9-08-2025 - TBT - Suicide Prevention Week

9/05/2025 – TBT - Suicide Prevention Week (7-13 Sep 2025)

Almost 800,000 people die every year due to suicide, which means one death every 40 seconds, according to the World Health Organization.

One of the most helpful and effective ways we can observe Suicide Prevention Week is by raising awareness of it. We need to reduce the stigma around it and raise awareness so that more people can reach out for help.

Most of the people suffering from poor mental health do not reach out for help for fear of being judged or misunderstood. So we need to look out for others and check for warning signs. We need to help people feel heard and understood.

Individual Impact:

- 1 in 20 U.S. adults (5%) have serious thoughts of suicide each year.
- About 1 person dies by suicide in the U.S. every 11 minutes.
- 79% of all people who die by suicide in the U.S. are male.*
- Although more women* than men attempt suicide, men are 4x more likely to die by suicide.
- In the U.S., suicide is the 2nd leading cause of death among people ages 10-14 and among people ages 15-24, and the 11th leading cause of death overall.

Community Impact:

Annual prevalence of serious thoughts of suicide, by U.S. demographic group:

- Non-Hispanic Multiracial: 12%
- Non-Hispanic White: 5%
- Hispanic or Latino: 5%
- Non-Hispanic American Indian/Alaska Native: 4.7%
- Non-Hispanic Asian: 4.2%
- Non-Hispanic Black: 4%
- Non-Hispanic Native Hawaiian/Other Pacific Islander: 2.6%
- Female: 5.5%*

- Male: 4.5%*
- Lesbian, Gay or Bisexual: 18%

Annual prevalence of serious thoughts of suicide among U.S. youth populations:

- High school students: 20%
- LGBTQ+ high school students: 41%
- LGBTQ+ young people ages 13-24: 39%
- Young adults ages 18-25: 12.2%

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