

FACTS:

Suicide is the second leading cause of death of individuals in the U.S. between the ages of 10 and 34.*

Here are some common warning signs:**

- Withdrawing from people and activities
- A sense of total hopelessness
- Giving away possessions
- Saying goodbyes with a sense of finality
- Stockpiling drugs or securing a weapon
- Obsession with death
- Dramatic changes in mood or behavior
- Increasing alcohol or drug use

2ND LEADING CAUSE

If a person is considering suicide or is talking about harming others, it's important to take quick action.

- **Dial 911** if there's immediate danger.
- When no immediate danger, call the National Suicide Prevention Lifeline at **800-273-TALK**.
- Remove anything they could use to harm themselves, such as firearms.
- Stay with the person until you can get outside advice or assistance.

Get more facts and learn more at bcbsm.com/mentalhealth.

*National Institute of Mental Health

**National Alliance on Mental Illness

