

Suicide Facts



Men are 4X more likely than women to die by suicide



Suicide rates for men are **highest among those ages 75+**



Firearms are the most common method for men to die by suicide



Men who struggle with **substance use are 2-3X** more likely to attempt suicide

Suicide can be prevented.

It's up to everyone to learn the warning signs and reach out and help those with suicidal thoughts and feelings.

National Suicide Prevention Lifeline
800-273-8255



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