

Suicide Statistics: *Fast Facts*

Did you know that someone in the United States takes his or her own life **every 13 minutes?**

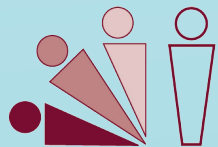
Over **40,000 people** die by suicide each year in the US and it is the 10th leading cause of death overall.

WARNING SIGNS CAN INCLUDE:

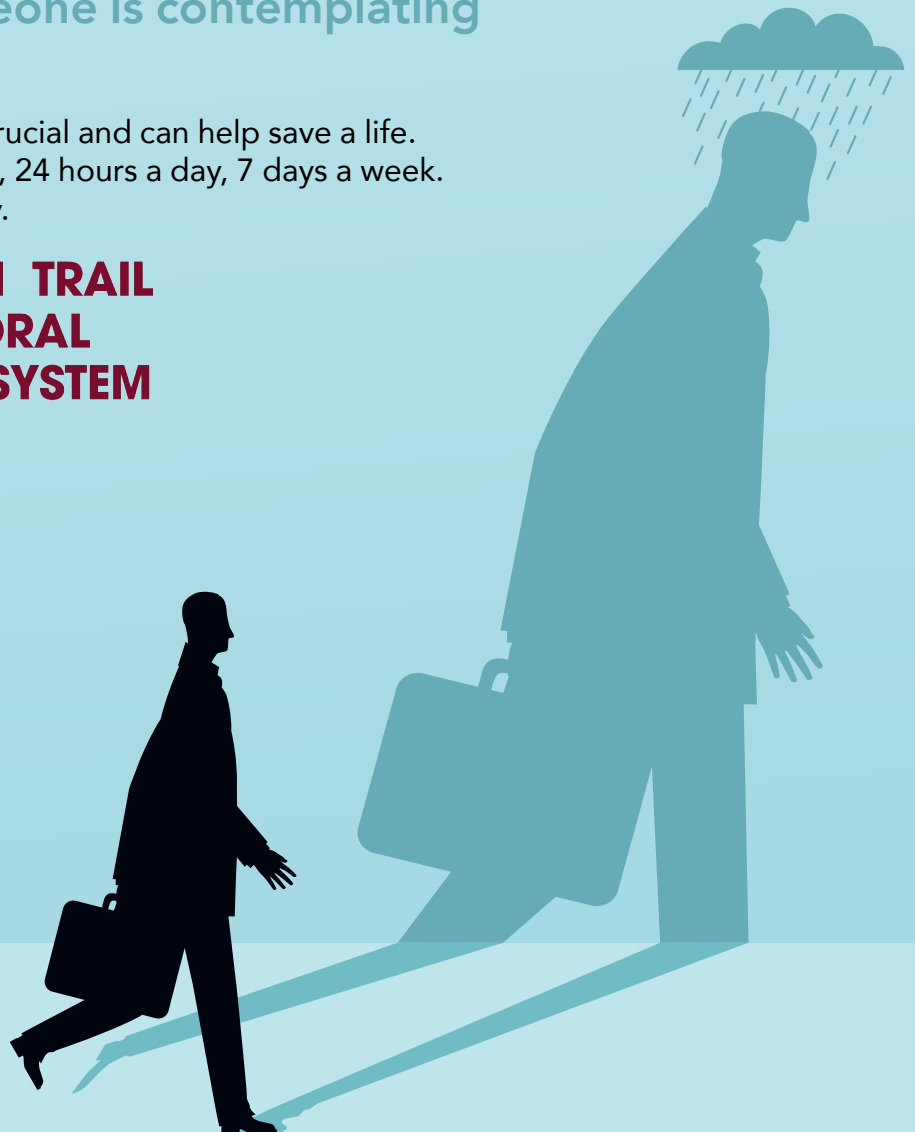
- Self-destructive behavior such as increased drug or alcohol use
- Anxiety, agitation, irritability, aggression, recklessness
- Sleeplessness or sleeping too much
- Depression or mood swings
- Loss of interest
- Withdrawing from family and friends
- Talking about dying or wanting to die

If you suspect someone is contemplating suicide, don't wait.

Getting help immediately is crucial and can help save a life. We offer no-cost assessments, 24 hours a day, 7 days a week. Call us at 270-351-9444 today.



**LINCOLN TRAIL
BEHAVIORAL
HEALTH SYSTEM**



Suicide does not discriminate

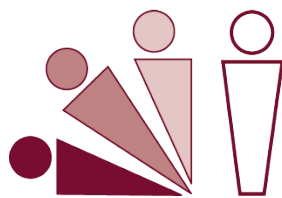
People of all genders, ages and ethnicities can be at risk and there is no single cause. Knowing the warning signs and how to get help can help save lives.

THE MAIN RISK FACTORS FOR SUICIDE ARE:

- Depression, other mental disorders or substance use disorder
- Certain medical conditions/chronic pain
- A prior suicide attempt
- Family history of a mental disorder, substance use or suicide
- Family violence
- Access to unsecured firearms
- Having recently been released from prison
- Being exposed to others' suicidal behavior, such as that of family members, peers or celebrities



If you or someone you know is thinking about suicide, call the Suicide Prevention Lifeline at 1-800-273-TALK (8255)



**LINCOLN TRAIL
BEHAVIORAL
HEALTH SYSTEM**

3909 S Wilson Rd. | Radcliff, KY 40160
270-351-9444 | lincolnbehavioral.com

In an emergency dial 911.

SOURCE: National Institute of Mental Health, Centers for Disease Control National, Strategy for Suicide Prevention, U.S. Department of Health and Human Services. The National Suicide Prevention Lifeline™, which is funded by the Substance Abuse and Mental Health Services Administration and administered by Vibrant Emotional Health.

With limited exceptions, physicians are not employees or agents of this hospital. For language assistance, disability accommodations and the non-discrimination notice, visit our website. 192319-3881 8/20

