

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**



NEW DIRECTIONS[®]
ndbh.com/suicide

Source: Centers for Disease Control