

Risk of Suicidality

In Individuals with Serious Mental Illness



In 2017 there were an estimated 1,400,000 suicide attempts.

In 2017, 47,173 Americans died by suicide.

Suicide is the 10th leading cause of death in the US.

There are an average of 129 suicides a day.

Everyday, roughly 18-22 veterans die by suicide.

Suicidality & Serious Mental Illness

90% of individuals that die by suicide show signs of a mental health diagnosis.

50% of all suicide attempts are from individuals that live with an untreated depressive disorder.

29% of individuals that die by suicide have alcohol in their systems.

Risk Factors:

Withdrawing from social activities

Increased substance use

A family history of suicide

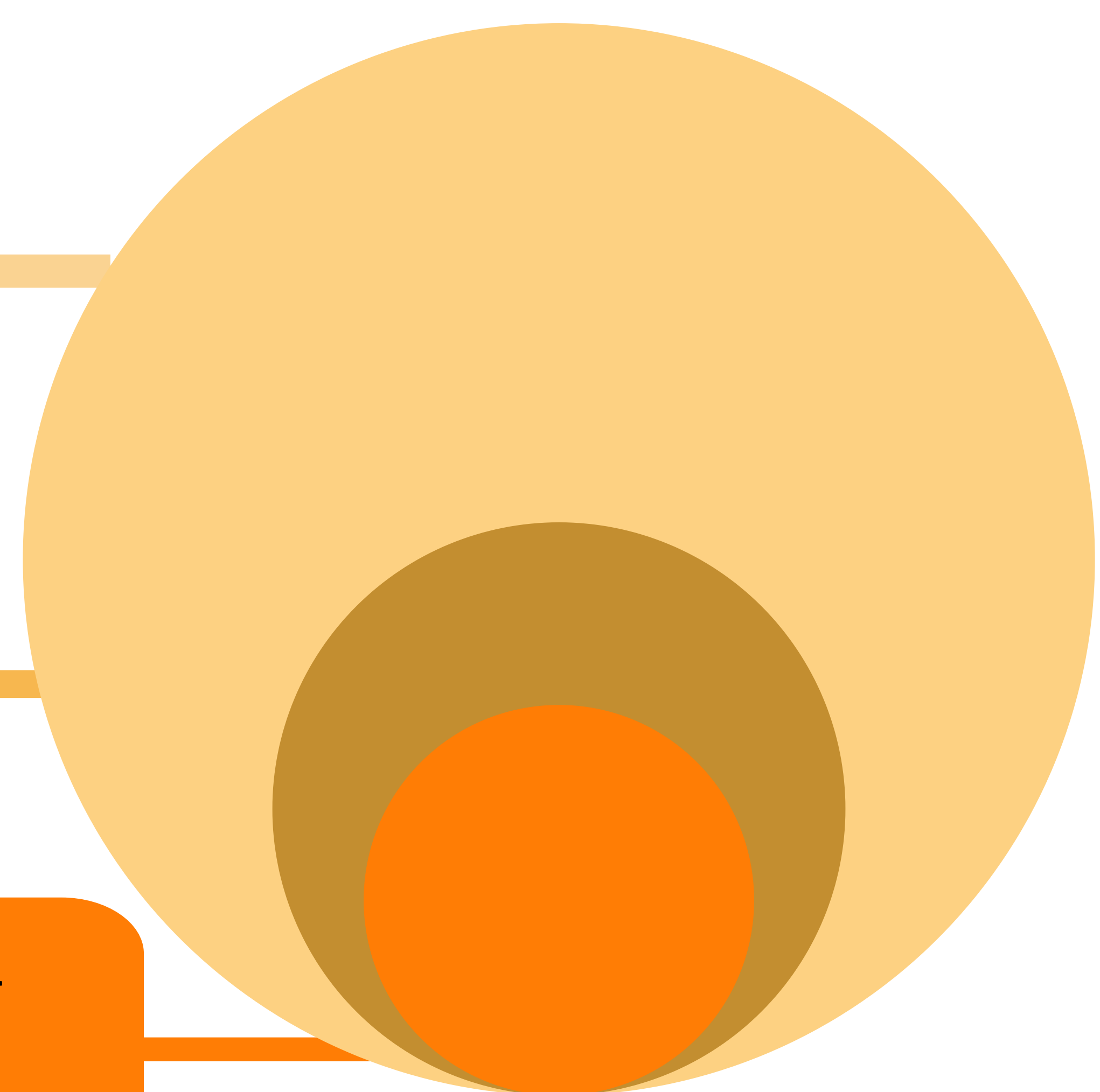
Access to firearms

Prevalence of Suicidal Thoughts and Behaviors

9.8 million adults had serious thoughts about suicide

2.8 million adults made suicide plans

1.4 million adults attempted suicide



Keeping Clients Safe

ASK

"Are you thinking about suicide, or have increased thoughts about death?"

SAFETY PLAN

Reduce access to lethal items or places; create a safety plan.

BE PRESENT

Actively listen to client and acknowledge their feelings.

CONNECT

Refer them to the National Suicide Prevention Lifeline number: 1-800-273-TALK (8255)

FOLLOW UP

Follow up until the individual returns back to their baseline emotional status.

Tip

Always reach out to a supervisor or other clinical leader in the event a person mentions suicidal thoughts or other forms of self harm.



Citations:

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