

Suicide: Facts, Prevention & Resources



What We Know About Suicide in the U.S. –

Someone dies from suicide every 12 minutes—and over the past two decades, suicide rates have increased in [every state across the country](#). For the first time in recent generations, life expectancy is decreasing due to suicide. According to the latest research:

- There were 1.4 million attempts and more than 47,000 deaths from suicide.
- Suicide is at its highest level and is still rising.
- Rural counties are being hit the hardest with suicide rates double the rate in urban counties.
- There has been an alarming 50% increase of suicide rates among women.

Suicide touches whole communities. Each person who dies by suicide leaves behind 135 people who knew that person—and the impact of suicide and the bereavement that follow.

Help for Someone You Know –

Learn how to recognize the warning signs when someone's at risk—and what you can do to help. If you believe someone may be in danger of suicide:

- **Call 911**, if danger for self-harm seems imminent.
- **Ask them** if they are thinking about killing themselves. This will not put the idea into their head or make it more likely that they will attempt suicide.
- **Listen without judging** and show you care.
- **Stay with the person** or make sure the person is in a private, secure place with another caring person until you can get further help.
- **Remove any objects** that could be used in a suicide attempt.

The National Suicide Prevention Lifeline –

The [National Suicide Prevention Lifeline](#) is a free, confidential 24/7 phone line that connects individuals in crisis with trained counselors across the United States.

You don't have to be suicidal or in crisis to call the Lifeline. People call to talk about lots of things: substance abuse, economic worries, relationships, sexual identity, illness, getting over abuse, depression mental and physical illness, and loneliness. Here's more about the National Suicide Prevention Lifeline:

- You are not alone in reaching out. In 2018, more than 2.2 million people called the Lifeline.
 - The Lifeline is funded and managed by SAMHSA. The Lifeline is a network of over 150 crisis centers nationwide.
 - Calls to the Lifeline are routed to the nearest crisis center for connections to local resources for help.
 - Responders are trained counselors who have stopped over 90 percent of suicide attempts or ideation among callers.
- [Learn what happens when you call the Lifeline network.](#)
 - [Frequently asked questions about the Lifeline.](#)

Suicide Prevention Resources –

- **Mobile Crisis Services for Children, Youth and Young Adults Up to the Age of 25 Years**
 - ODMHSAS has implemented an initiative to provide rapid, community-based mobile crisis intervention services for children, youth, and young adults up to the age of 25 who are experiencing behavioral health or psychiatric emergencies. **Simply call 1-833-885-CARE (2273) from anywhere in Oklahoma to find help.** Calls are answered 24-hours a day, seven days a week and are toll-free.
 - [SAMHSA National Helpline](#)
 - [National Suicide Prevention Lifeline](#)
 - 1-800-273-TALK (8255)
 - [NAMI Oklahoma](#)
 - 1-800-583-1264
 - [Oklahoma HeartLine](#)
 - [211](#)
 - [Suicide Prevention Resource Center](#)