

**BE THE ONE  
TO SHOW  
YOU CARE.**

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.COM**



**1-800-273-TALK (8255)**



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# Help Prevent Suicide

Let's save lives by stopping suicidal thoughts and behaviors before they start.

Suicide is a **public health** problem.



In the U.S.,  
**121 suicides**

**occur each day.**

**Preventing suicide** is a priority for CDC.

Suicide is **preventable.**

By thinking beyond treatment alone to strategies that **address the context and underlying factors**, we can prevent suicide risk in the first place.



CDC has developed a **technical package** to help states and communities use the best available evidence to prevent suicide.



It is important to **monitor and evaluate** your efforts. Findings can be used to inform planning and **enhance implementation.**



**Be a part of the solution.**

[www.cdc.gov/violenceprevention](http://www.cdc.gov/violenceprevention)

Your prevention efforts may involve **developing new partnerships** or **working across sectors.**



**Including:**

Public Health, Business Labor, Health Services, Education, Veteran/Military, Government, Justice, Housing, Media, Community Organizations (Foundations, Faith-Based Groups, & More)



Help America reduce the suicide rate by **20% by 2025.**

Goal of the American Foundation for Suicide Prevention and National Action Alliance for Suicide Prevention.

**ACT NOW!**

Use CDC's technical package to start or expand your suicide prevention efforts.



If you or someone you know is in crisis, please contact the **National Suicide Prevention Lifeline.**

**Talk: 1-800-273-TALK (8255)**

**Chat: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)**

Find more planning & prevention resources:  
[www.cdc.gov/violenceprevention/suicide](http://www.cdc.gov/violenceprevention/suicide)

