



Kent City Health Department

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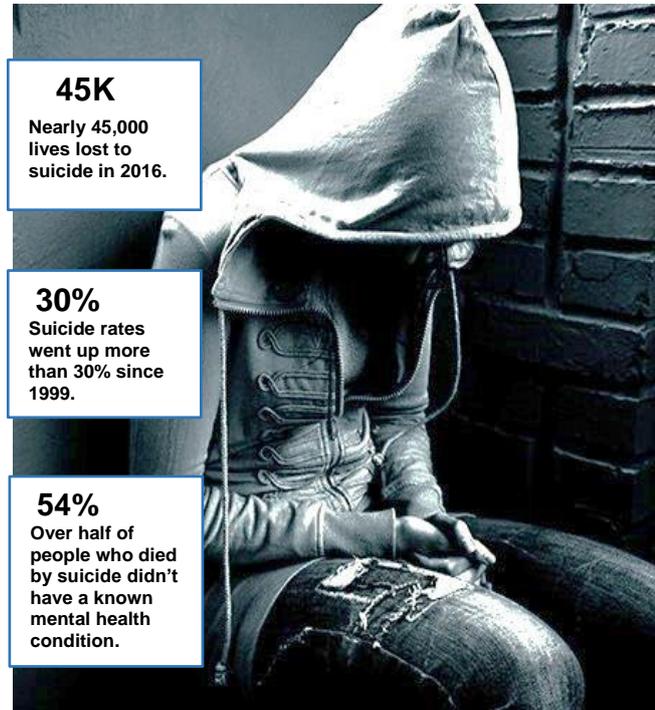
330-678-8109

FACT SHEET

June 2018

www.kentpublichealth.org

BY THE NUMBERS



45K

Nearly 45,000 lives lost to suicide in 2016.

30%

Suicide rates went up more than 30% since 1999.

54%

Over half of people who died by suicide didn't have a known mental health condition.

Suicide Rates Increasing

■ In 2015, 6% of Portage County adults considered attempting suicide. 15% of adults had a period of two or more weeks when they felt so sad or hopeless nearly every day that they stopped doing usual activities.

Source: [Portage County Community Health Assessment](#)

More Than a Mental Health Matter

Suicide is a leading cause of death in the US. Suicide rates increased in nearly every state from 1999 through 2016. Mental health conditions are often seen as the cause of suicide, but suicide is rarely caused by any single factor. In fact, many people who die by suicide are not known to have a diagnosed mental health condition at the time of death. Other problems often contribute to suicide, such as those related to relationships, substance use, physical health, and job, money, legal, or housing stress. Making sure government, public health, healthcare, employers, education, the media and community organizations are working together is important for preventing suicide. Public health departments can bring together these partners to focus on comprehensive state and community efforts with the greatest likelihood of preventing suicide.

Want to learn more? Source: www.cdc.gov/vitalsigns/suicide/



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

PROBLEM

Thousands are lost to suicide every year:

- Suicide rates rose in the U.S. from 1999-2016.
- Multiple circumstances contribute to suicide; among those with and without mental problems.
- Mental health conditions resulting in suicide could have been present and not diagnosed, known or reported.

SOURCE: CDC's National Violent Death Reporting System, 2015.

WHAT CAN BE DONE?

Everyone can:

- Learn the warning signs for suicide, how to respond, and where to get help: 1-800-273-8255 or suicidepreventionlifeline.org
- Create positive environments; and keep loved ones safe by reducing access to lethal means for those at risk: [Suicide Prevention Coalition of Portage County](#)

Know the Warning Signs of Suicide

- Feeling like a burden / being isolated
- Increased anxiety / feeling trapped or in unbearable pain
- Increased substance abuse
- Looking for a way to access lethal means
- Increased anger or rage / extreme mood swings
- Expressing hopelessness
- Sleeping too little or too much
- Talking or posting about wanting to die / making plans for suicide

5 Steps to Help Someone at Risk

1. Ask.
2. Keep them safe.
3. Be there.
4. Help them connect.
5. Follow up.

(Source: www.BeThe1To.com)

While There is Life,
There is

HOPE

Resource:
Centers for Disease Control and Prevention
1-800-CDC-INFO(232-4636)
TTY: 1-888-232- 6348
www.cdc.gov