



Resources *for* Living[®]

How to talk about suicide

Suicide is a leading cause of death in the United States. According to the Centers for Disease Control and Prevention (CDC), someone dies by suicide every 11 minutes. For every suicide death there are approximately 38 self-reported suicide attempts and 265 people who have seriously considered ending their lives.¹

Talking about suicide can be challenging. But we know that when people are willing to discuss this difficult topic it can reduce stigma and save lives.

Check out the resources below to learn more about how to get past the stigma and have a supportive conversation about suicide.

988 is available if you're having thoughts of suicide, feeling emotional distress or struggling with substance misuse. You can get support for yourself or anyone else that may need help and support.

We're here to help you find resources and services that fit your needs and preferences. Reach out today.



Register for a live suicide awareness webinar

Sept 26 @ 3 p.m. ET / 12 p.m. PT

Suicide is a complex health issue and a leading cause of death in the United States.¹ Understanding and talking more about it can help reduce the stigma and the risks associated with suicide.



Having the conversation

Most people give warning signs before they attempt suicide. Watch this video to learn what to do when you're concerned that someone may be thinking about suicide.



How to talk about suicide with a friend

It can be difficult to know what to say when a loved one is struggling with difficult emotions or hopelessness. Read more to see how to have a conversation that will help a friend in their time of need and learn about in-the-moment support that can help.

¹Centers for Disease Control and Prevention. Facts about suicide. May 8, 2023. Accessed July, 2023.

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