

SUICIDE AWARENESS

Every year in the United States over 30,000 people kill themselves. In addition over 132,000 individuals are hospitalized following suicide attempts with an additional 116,000+ being treated in the emergency departments and released. There is a completed suicide occurring every 16 minutes in the United States.

- Suicide is the 11th ranking cause of death in the USA
- Suicide is the 3rd ranking cause of death in the USA for young people between the ages of 15-24 yrs of age.
- 80% of all suicides can be related to untreated alcoholism and untreated depression.
- National Institute of Mental Health estimates that 18.8 million people in the US suffer from depression in any 12-month period.

RISK FACTORS

- Previous suicide attempt
- History of mental disorders particularly depression
- History of alcohol or substance abuse
- Family history of suicide
- Family history of child abuse
- Feelings of hopelessness
- Impulsive or aggressive tendencies
- Barriers to access mental health treatment
- Loss (relational, social, work or financial)
- Physical illness - especially chronic pain

Suicide attempts and suicidal thinking are considered medical emergencies and should be treated as such. If you know someone who is suicidal, notify the command and take him or her to the emergency room. If a person refuses to get medical assistance, call the police.

**FOR MORE INFORMATION PLEASE CONTACT
FLEET & FAMILY SUPPORT CENTER
(850) 452-5990 EXT 3104**