

Suicide Prevention Saves Native Lives

What is Suicide?

Suicide is defined as death caused by self-directed injurious behavior with intent to die as a result of the behavior.

A *suicide attempt* is a nonfatal, self-directed, potentially injurious behavior with intent to die as a result of the behavior.

Suicidal ideation refers to thinking about, considering, or planning suicide.

Who is at risk?

Anyone can be affected by suicidal thoughts, but certain groups are at higher risk, such as:

Young Indigenous Men

—especially in the Northern Plains—are at high risk for suicide compared to other groups. While many of the risk factors are the same as those affecting other groups, young Indigenous men face additional challenges such as historical trauma, cultural distress, poverty, geographic isolation, and suicide in the community that can cause increased stress.

Adults Over the Age of 45

Middle-aged people, especially men, have the highest rate of suicide compared to other groups. Eighty percent of all deaths by suicide in the U.S. are among men and women age 45-54.

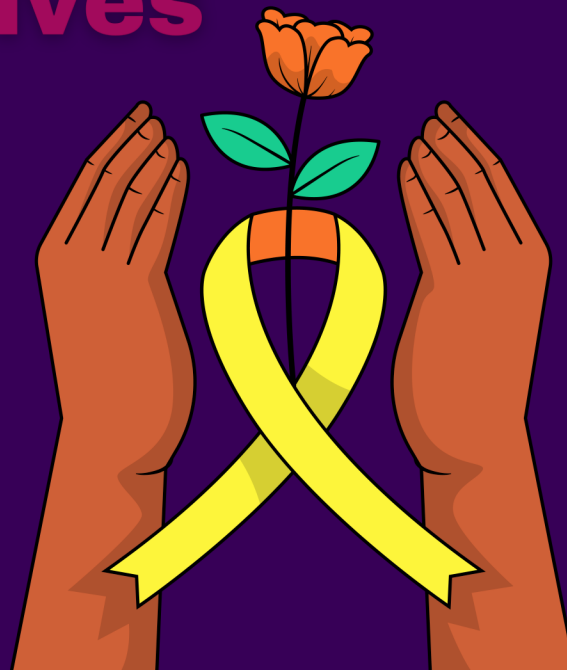
Men ages 45 and older have the highest rate of any group in the country.

Many factors contribute to this risk, including isolation, a history of violence, and access to lethal means.

All Nations Crisis Textline

Text "**Support**" to 33464 to chat with an All Nations team member.

Monday-Friday: 6pm-2am
Saturday/Sunday: 10am-2am



What are the warning signs?

Suicide Warning Signs for Youth

Showing worrisome changes in behavior such as:

- Withdrawal from or changing social connections/situations.
- Changes in sleep (increased or decreased).
- Anger or hostility that seems out of character or out of context.
- Recent increased agitation or irritability.

Suicide Warning Signs for Adults

- Talking about feeling hopeless or having no reason to live
- Displaying extreme mood swings.
- Talking about being a burden to others
- Talking about feeling trapped or in unbearable pain

What are protective factors?

- Strong sense of cultural identity
- Support from partners, friends, and family
- Feeling connected to others
- Feeling connected to school, community, and other social institutions
- Availability of consistent and high quality physical and behavioral healthcare

Sources:

<https://www.samhsa.gov/suicide>
<https://www.samhsa.gov/mental-health/suicidal-behavior>
<https://www.cdc.gov/suicide/factors/index.html>

