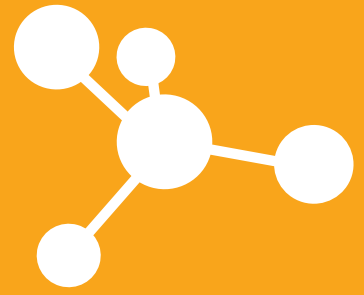


# TOP 10

## WHAT RESEARCH TELLS US ABOUT SUICIDE



- 1 Suicide is related to brain functions that affect decision-making and behavioral control, making it difficult for people to find positive solutions.
- 2 Limiting a person's access to methods of killing themselves dramatically decreases suicide rates in communities.
- 3 Asking someone directly if they're thinking about suicide won't "put the idea in their head" — most will be relieved someone cares enough to have a conversation.
- 4 Specific treatments used by mental health professionals — such as cognitive behavior therapy-suicide prevention (CBT-SP) and dialectical behavior therapy (DBT) — have been proven to help people manage their suicidal ideation and behavior.
- 5 Ninety percent of people who die by suicide have an underlying — and potentially treatable — mental health condition.
- 6 Depression, anxiety, and substance use are strongly linked to suicidal thinking and behavior.
- 7 No one takes their life for a single reason, such as getting a divorce or losing a job. In reality, these types of stresses combine with known risk factors, such as childhood trauma, substance use, or even chronic physical pain, that contribute to someone taking their life.
- 8 Certain medications used to treat depression or stabilize mood have been proven to help people reduce suicidal thoughts and behavior.
- 9 If someone can get through the intense, and short, moment of active suicidal crisis, chances are they will not go on to die by suicide.
- 10 Most people who survive a suicide attempt (85 to 95 percent) go on to live healthy lives.

30 YEARS STRONG



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