

What Is Suicide Prevention Month?

September is Suicide Prevention Awareness Month, a time to raise awareness, offer hope, and encourage people to seek help without shame.

This month is dedicated to helping people recognize warning signs, promoting open conversations about mental health, and connecting individuals with effective treatment and resources.

The theme for Suicide Prevention Awareness Month 2025 is “Together in Strength, Dignity, Hope, and Purpose”. By working together, we can advance research, normalize seeking help, prioritize whole-person care, and foster connection within our communities. We have the power to help save lives.



Know the Signs

Below are common warning signs of suicide for both youth and adults. If you notice these behaviors in a family member, friend, coworker, or anyone else, it's important to act.

Remember, suicide risk is higher when a behavior is new or has increased, especially after a painful event, a significant loss, or a major life change.

Adult Suicide Warning Signs

- Talking about or making plans for suicide.
- Acting anxious, agitated, or behaving recklessly.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.
- Increasing the use of alcohol or drugs.
- Talking about feeling hopeless or having no reason to live.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.
- Chronic illness or serious physical health conditions.

Youth Suicide Warning Signs

- Expressing hopelessness about the future.
- Displaying severe or overwhelming emotional pain or distress.
- Increased physical symptoms—such as fatigue, headaches, and stomachaches—are commonly associated with emotional distress.
- Changing or withdrawing from social connections or situations.
- Changes in sleep (increased or decreased).
- Anger or hostility that seems out of character or out of context.
- Recent increased agitation or irritability.

Important Facts

Suicide is complex, influenced by a combination of social, cultural, biological, psychological, and environmental factors throughout a person's life.

It's important to remember that for every completed suicide, many more people attempt it, and a prior attempt is a significant risk factor.

Individual Impact

1 in 20

U.S. adults (5%) have serious thoughts of suicide each year.

Every

11 minutes

about 1 person dies by suicide in the U.S.

79%

of all people who die by suicide in the U.S. are male.

Although more women than men attempt suicide, men are 4x more likely to die by suicide.

In the U.S., suicide is the 2nd leading cause of death among people ages 10-14 and people ages 15-24, and the 11th leading cause of death overall.

Community Impact

The annual prevalence of serious thoughts of suicide among U.S. adults, by demographic group, includes:

Lesbian, Gay or Bisexual:	18%
Non-Hispanic Multiracial:	12%
Female:	5.5%
Non-Hispanic White:	5%
Hispanic or Latino:	5%
Non-Hispanic American Indian/Alaska Native:	4.7%
Male:	4.5%
Non-Hispanic Asian:	4.2%
Non-Hispanic Black:	4%
Non-Hispanic Native Hawaiian/Other Pacific Islander:	2.6%

The annual prevalence of serious thoughts of suicide among U.S. youth populations includes:

LGBTQ+ high school students:	41%
LGBTQ+ young people ages 13-24:	39%
High school students:	20%
Young adults ages 18-25:	12.2%

Supportive Resources For Individuals, Families, & Communities

In an emergency, or if someone appears to be at risk of self-harm and says that they intend to die, **CALL 911** and **DO NOT LEAVE THE PERSON ALONE**.

Hotlines & Messaging Services

988 Suicide & Crisis Lifeline

Call: 988
Text: 988

Mental Health Emergency Hotline

Call: 1-866-903-3787

SAMHSA's National Helpline

Call: 800-662-4357 (HELP)
Text: your zip code to 435-748 (HELP4U)

988 Suicide & Crisis Lifeline

Call: 988
Text: 988

NAMI National Helpline

Call: 800-950-6264
Text: "NAMI" to 62640

SAMHSA's Disaster Distress Helpline

Call: 800-985-5990

LGBTQ Hotline

Call: 888-843-4564

Trans Lifeline

Call: 877-565-8860

The Trevor Project Crisis Services

Call: 866-488-7386
Text: "START" to 678678

Veterans Crisis Line

Call: 988 and press 1
Text: 838-255

NAMI Teen & Young Adult Hotline

Call: 1-800-950-NAMI (6264)
Text: "FRIEND" to 62640

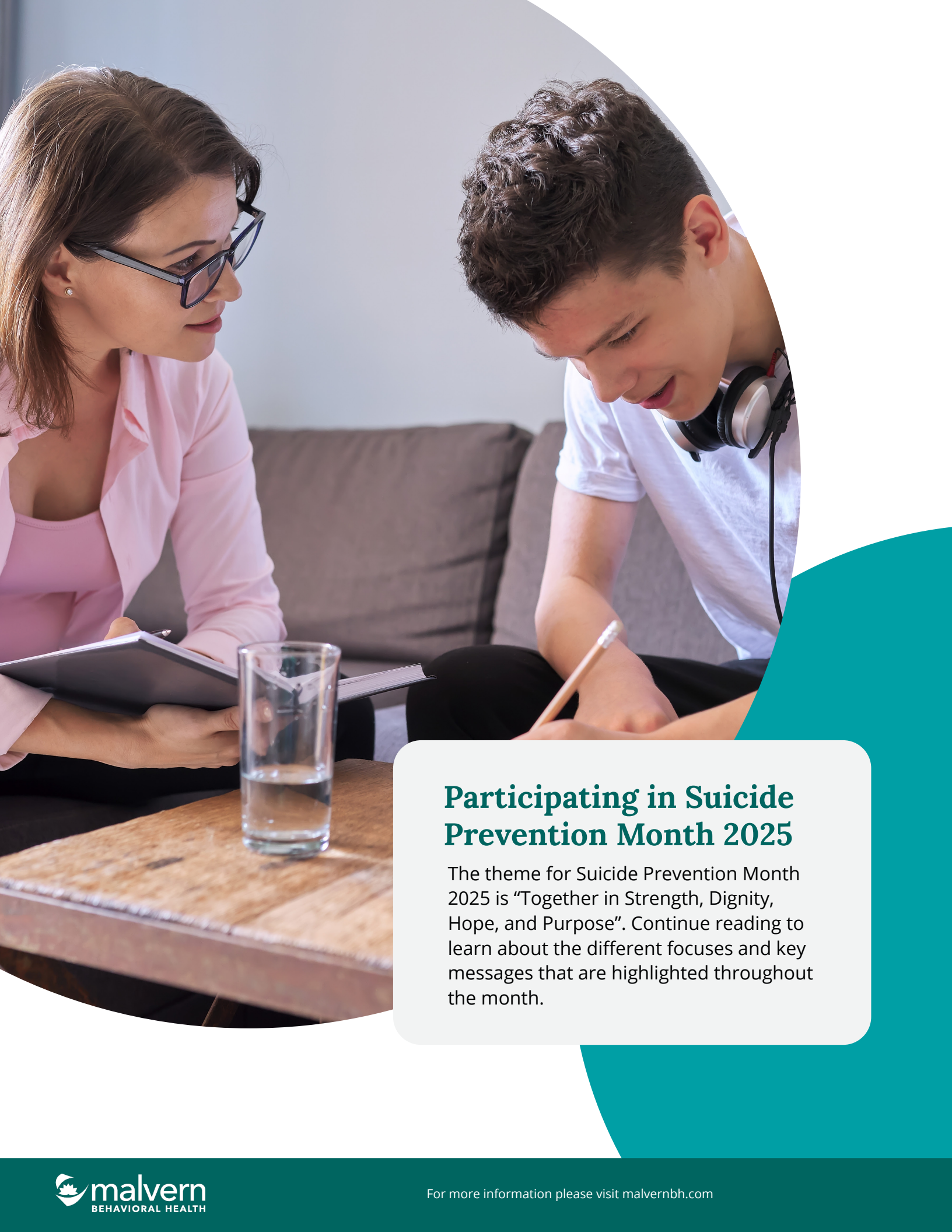
Self-Harm Hotline

Call: 1-800-DONT CUT
(1-800-366-8288)
Text: "REASON" to 741741



Websites & Online Resource Centers

- Suicide Prevention Resource Center
- The Jason Foundation
- Vibrant Emotional Health
- SAMHSA
- NAMI
- The Trevor Project



Participating in Suicide Prevention Month 2025

The theme for Suicide Prevention Month 2025 is "Together in Strength, Dignity, Hope, and Purpose". Continue reading to learn about the different focuses and key messages that are highlighted throughout the month.

Week 1: September 1-5

Focus: Understanding suicide risk, promoting evidence-based treatment, and sharing messages of hope, recovery, and resilience.

Key messages:

- Suicide is preventable. A combination of knowledge, care, and compassion can make a real difference.
- Suicide is complex, influenced by many factors. Knowing the warning signs is crucial and can save lives.
- Preventing suicide requires understanding risk, gaining access to proven care, and sharing messages of hope, because healing is possible.
- With the right support, people can heal, build resilience, and thrive after a crisis.
- When people feel heard, hope and resilience can grow. This helps them find strength, even in their darkest moments.
- Healing is personal. There is no “right” way to heal or recover; support should meet people where they are, acknowledging that every journey is different.

Week 2: September 8-12

Focus: Building strong community partnerships and support systems to create effective suicide prevention strategies.

Key messages:

- Local programs and peer-led efforts are critical to suicide prevention, especially when guided by evidence-based policies and data-driven collaboration.
- Involving those with lived experience helps reduce stigma and fosters a sense of unity. Their unique insights are vital for shaping effective prevention work.
- Small-group conversations led by peers and professionals can focus on post-traumatic growth, which helps build a sense of connection and belonging—a key protective factor against suicide.
- Peer-led initiatives build trust and break down stigma because people are more likely to open up to those who have faced similar challenges. This is especially impactful for groups like veterans.
- Suicide prevention isn’t one-size-fits-all. Locally tailored efforts are essential for addressing the unique needs of a community. The community should always have a voice at the table.

Week 3: September 15-19

Focus: Improving care and outcomes for people at risk of suicide. We'll highlight the importance of effective pathways to care and collaborative safety planning to save lives.

Key messages:

- Making resources easy to find is crucial. A major barrier to seeking help is simply not knowing where to look. Establishing clear pathways to care encourages help-seeking and saves lives.
- Collaborating on a safety plan can give people a sense of control and hope.
- Suicide prevention is a marathon, not a sprint. Ongoing support and follow-up care build trust and are essential for long-term healing and recovery.
- For someone experiencing suicidal thoughts, a strong structure of connection, careful planning, and dedicated follow-up care provides vital safety and support.
- Everyone deserves access to effective treatment. Promoting evidence-based care is a key part of suicide prevention.
- Continuity of care is what ensures ongoing support and long-term healing.
- Prioritizing self-care is a powerful way to support your mental well-being and reduce suicide risk. This includes simple, consistent actions like getting enough sleep, eating well, exercising, and finding healthy ways to manage stress, such as hobbies or time in nature.

Week 4: September 22-30

Focus: Amplifying the voices of those with lived experience to create real change.

Key messages:

- When people feel heard and respected, they are more likely to seek help and stay connected to others.
- The insights of those who have faced mental health struggles or suicidal thoughts are invaluable and can help build more effective support systems.
- Real change begins with real voices. Empowering community members and peers to take the lead creates a lasting impact on suicide prevention.
- A genuine connection can prevent a crisis. A simple check-in, conversation, shared story, or helpful resource can make someone feel less alone. Remember, sharing truly is caring.
- Hearing from those with lived experience makes suicide prevention more hopeful, human, and healing.