



Suicide Among Adults in Pennsylvania

What we know:

- Adults, those age 20-64, represent the largest group of suicide victims in the Commonwealth.
- Adults, in general receive far less attention in suicide prevention than other populations.

What's the problem?

- Adults age 20-64 account for more than 70% of all suicides in the state. 1,000 adults complete suicides in PA each year – almost 3 everyday.
 - Adult white males comprised almost 60% of all suicides in the state.
 - The majority of adult suicides in Pennsylvania involved firearms.
- (Source PA DOH)

What are some of the key risk factors of suicide?

- Prior suicide attempt(s)
- Chronic illness, disability
- Depression, or other mental illness
- Access to firearms

What are some important protective factors?

- Strong family or social ties
- Strong self-esteem, sense of self-worth
- Willingness to seek help
- Religion, spirituality

What are the warning signs of suicide? (Contact a mental health or medical provider if you encounter any of these behaviors):

- Feelings of hopelessness
- Increased alcohol and drug use
- Withdrawal from family or friends
- Dramatic mood changes

What are the immediate danger signs of suicide? Immediately call 9-1-1, a crisis center, or 1-800-273-TALK (8255) if you encounter:

- Someone threatening to hurt or kill herself or himself
- Someone seeking ways to take her or his life (firearms, pills, or other lethal means)
- Someone talking, writing, or drawing about death, dying, or suicide

What can you do to help prevent suicide?

- Support state and local suicide prevention efforts
- Make sure that family members know the warning and danger signs of suicide and what to do.
- Remove firearms and safely store/lock/disassemble firearms kept in the home.
- Share this information with others in your community.

For further information on mental health services in Pennsylvania, please use the following link:

http://parecovery.org/services_suicide_prevention.shtml.