

Facts about suicide:

- From 1999 to 2013 there was a 30% increase in suicide by individuals between 35-64 years old
- In 2009 suicide was one of the top 10 reasons for death in the United States
- For every individual that dies by suicide, at least 30 others attempt suicide
- 16% of students between grades 9 and 12, report they have seriously considered suicide and 7.8% report making at least one attempt

There is hope:

- People can and do recover from suicidal thoughts and actions
- You can be a helper by offering support and connection to the world around the person
- There are many factors that protect one against suicide
 - Access to physical and mental health care
 - Safe and supportive schools and communities
 - Connectedness to family and community
 - Good problem solving and coping skills

If you are concerned about someone, please reach out for help. Lenape Valley Foundation is here for you at **215-345-2273** and **215-785-9765**.

Sources:

http://www.nytimes.com/2013/05/03/health/suicide-rate-rises-sharply-in-us.html?_r=0

http://www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention/full_report_rev.pdf

http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6217a1.htm?s_cid=mm6217a1_w