

# Suicide Facts



**Men are 4X** more likely than women to die by suicide



Suicide rates for men are **highest among those ages 75+**



**Firearms are the most common method** for men to die by suicide

**Suicide can be prevented.** It's up to everyone to learn the warning signs and reach out and help those with suicidal thoughts and feelings.

**National Suicide Prevention Lifeline**  
**800-273-8255**



**NEW DIRECTIONS<sup>®</sup>**  
**[ndbh.com/suicide](http://ndbh.com/suicide)**

Source: Centers for Disease Control