

## Suicide Prevention Month

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In the United States, September is acknowledged as Suicide Prevention Month, with the week of September 4<sup>th</sup>-10<sup>th</sup> identified as National Suicide Prevention Week. Around the world, September 10 is recognized as World Suicide Prevention Day. The goal of annual suicide prevention observances is to provide education, awareness and encourage advocacy around this public health challenge toward which prevention efforts can and should occur every single day.

Many factors can increase the risk for suicide or protect against it. Suicide is connected to other forms of injury and violence. For example, people who have experienced violence, including child abuse, bullying, or sexual violence have a higher suicide risk. Being connected to family and community support and having access to health care can decrease suicidal thoughts and behaviors.



**Suicide affects all ages.** In 2020, suicide was among the top 9 leading causes of death for people ages 10-64. Suicide was the second leading cause of death for people 10-14 and 25-34 years old.

**Some groups have higher suicide rates than others.** Suicide rates vary by race/ethnicity, age, and other factors, such as where someone lives. By race/ethnicity, the groups with the highest rates were non-Hispanic American Indian/Alaska Native and non-Hispanic white populations. Other Americans with higher-than-average rates of suicide are veterans, people who reside in rural areas, and workers in certain industries and occupations like mining and construction. Young people who identify as lesbian, gay, bisexual, and transgender have higher rates of suicidal thoughts and behaviors compared to their peers who identify as heterosexual.

The financial toll of suicide on society is also costly. In 2013, suicide and nonfatal self-harm cost the nation nearly \$490 billion in medical costs, work loss costs, value of statistical life, and quality of life costs.

In May 2022, the news of Naomi Judd's death by suicide was shared publicly by her family. Naomi was a Kentucky-born singer of the Grammy-winning duo The Judds, and she had openly shared her struggles with severe and treatment-resistant depression. Talking about mental illness and destigmatizing suicidal ideation helps others who are struggling feel less alone and makes it easier to reach out for needed support.



*Naomi Judd, April 2022*

[Click here](#) to learn more about what Naomi Judd has said about her personal experience with depression.

Contact the 988 Suicide and Crisis Lifeline if you are experiencing mental health-related distress or are worried about a loved one who may need support. You can call or text 988 to connect with a trained crisis counselor who will assist you. The 988 number is confidential, free and available 24/7/365.