



Talking about Suicide

These data, reports, and perspectives on suicide in the United States provide information to help understand suicide as well as resources that save lives.

If you or someone you know may be at risk of suicide, call the National Suicide Prevention Lifeline at 800-273-8255 for free, confidential support 24 hours a day. You can also text "HOME" to 741741 to reach the Crisis Text Line.

Read

"Suicide Rising across the US" from the Centers for Disease Control and Prevention

<https://goo.gl/SjRmGQ>

This collection of information and resources from the CDC provides an overview and discussion of responses to the increasing number of suicides in the United States.

"Fewer Teens Having Sex, Doing Drugs But More Are Depressed" by Maggie Fox for NBC News

<https://goo.gl/9w1NJQ>

This article recaps a recent CDC study that found today's teens are thinking about suicide at increasingly higher rates, especially those who identify as lesbian, gay, or bisexual.

"Suicide Is a National Epidemic. We Need to Treat It Like One." by Jonathan Javitt in *The Washington Post*

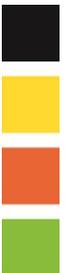
<https://goo.gl/6qLe5Z>

This op-ed argues that recent increases in suicides in the United States necessitate a national health response.

"Please Stop Saying 'Committed' Suicide" from *The Mighty*

<https://goo.gl/4Cv41q>

This first-person essay explores the problems inherent in how we talk about suicide, in particular language that equate suicide with a criminal mindset rather than suffering.





**“When They Leave: On Anthony Bourdain, and Me, and You”
by Sara Benincasa from *Medium***

<https://goo.gl/j7S2xG>

Benincasa, an author and comedian who suffers from depression, reflects on the death of Anthony Bourdain through the lens of her past suicidal thoughts.

“Immigrant’s Suicide While in ICE Custody Raises Questions about Mental Health Care of Detainees” by Sheila Regan for *Mic*

<https://goo.gl/LRZSDN>

Recent deaths by suicide of people detained by U.S. immigration authorities have raised questions about the psychological toll of immigration policy and the responsibility of detention centers to provide mental health support.

Talking to Friends and Family about Suicide

“If You Think a Friend Might Be Suicidal, Ask” by Katie Heaney in *The Cut*

<https://goo.gl/VTJpeZ>

This short article supplies questions and actions you can use to support a friend about whom you are concerned.

“How To Talk about Suicide with Young People” from *Headspace National Youth Mental Health Foundation*

<https://goo.gl/FuYtJz>

This two-page resource provides six strategies for addressing the topic of suicide with youth in a manner that is developmentally appropriate.

Community Resources

Metropolitan Family Services

<http://www.metrofamily.org/>
847-425-7500

Turning Point Behavioral Health Care Center

<https://www.tpoint.org>
847-933-0051

