

Additional Consequences of Attempted Suicide

According to the CDC, suicide also affects the health of others and the community. When people die by suicide, their family and friends often experience shock, anger, guilt, and depression. The economic toll of suicide on society is immense as well. Suicides and suicide attempts cost the nation approximately \$70 billion per year in lifetime medical and work-loss costs alone.

People who attempt suicide and survive may experience serious injuries, such as broken bones or organ failure. These injuries can have long-term effects on their health. People who survive suicide attempts can also have depression and other mental health problems.

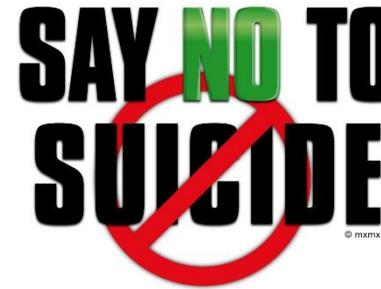
In addition to the number of people who are injured or die, many other people are impacted by knowing someone who dies or by personally experiencing suicidal thoughts. Additionally, being a survivor or someone with lived experience increases one's risk of suicide.

Suicide Prevention Resources

- The National Suicide Prevention Lifeline at 1-800-273-talk (8255) or <https://suicidepreventionlifeline.org/talk-to-someone-now> provides 24/7 free and confidential support for anyone in distress.
- Prevention and crisis resources are available for individuals and their loved ones. Information on Suicide
- Prevention and Support in San Diego can be found online at <https://www.helpguide.org/home-pages/suicide-prevention.htm> and <http://www.bethe1to.com/bethe1to-steps-evidence>.



<https://www.cdc.gov/violence-prevention/>



SDPD DIVISIONS

For general information please contact your local police substation.

Division	Phone #
Central	(619) 744-9500
Eastern	(858) 495-7900
Mid-City	(619) 516-3000
Northeastern	(858) 538-8000
Northern	(858) 552-1700
Northwestern	(858) 523-7000
Southeastern	(619) 527-3500
Southern	(619) 424-0400
Western	(619) 692-4800

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SAN DIEGO POLICE DEPARTMENT

Suicide Prevention

This brochure contains information regarding Suicide Prevention.

Topics Include

- **Suicide Statistics**
- **Measures to aid in prevention of Suicide**
- **Additional Consequences of Suicide**
- **Suicide Prevention Resources**

Suicide is a large and growing public health problem. Suicide is the 10th leading cause of death in the United States. It was responsible for nearly 45,000 deaths in 2016, with approximately one death every 12 minutes.

Many more people think about or attempt suicide and survive. In 2016, 9.8 million American adults seriously thought about suicide, 2.8 million made a plan, and 1.3 million attempted suicide.

Suicide affects all ages. Suicide is a problem throughout the life span. It is the second leading cause of death for people 10 to 34 years of age, the fourth leading cause among people 35 to 54 years of age, and the eighth leading cause among people 55 to 64 years of age.

Some groups have higher rates of suicide than others. Suicide rates vary by race/ethnicity, age, and other population characteristics.

The highest rates across the life span occurring among non-Hispanic American Indian/Alaska Native and non-Hispanic White populations.

Other Americans disproportionately impacted by suicide include Veterans and other military personnel and workers in certain occupational groups. Sexual minority youth bear a large burden as well, and experience increased suicidal ideation and behavior compared to their non-sexual minority peers.

Suicide Prevention Measures

With the rate of suicide on the rise, these are suicide prevention measures.

Pay attention and notice when people are showing signs that could indicate they may be at risk.

While the following is not an exhaustive list, it provides indicators that someone may be at risk of suicide:

- Threatening to hurt or kill themselves
- Looking for ways to kill themselves: access to pills, weapons or other means
- Talking or writing about death, dying or suicide
- Sudden personality changes / dramatic mood swings
- Expressing hopelessness
- Self-loathing, self-hatred
- Rage, anger, seeking revenge
- Acting reckless or engaging in risky activities
- Sudden sense of calm
- Feeling trapped ... no way out
- Unexpectedly getting affairs in order
- Giving away prized possessions
- Unexpectedly saying goodbye
- No reason for living: no sense of purpose
- Withdrawing from friends, family or society
- Anxiety, agitation, unable to sleep, or sleeping all the time
- Increasing alcohol or drug use

1. Take time to let people know you care about them. Your willingness to talk openly about what's troubling a friend, family member or co-worker could help in this prevention. Be a friend by offering a helping hand, say hello. The person you say hello to could be someone who is silently struggling and they just need someone to acknowledge them.
2. Understand that suicide does not discriminate. Someone who seems to "have it all together" may in fact be struggling.
3. Know that there are resources available to assist.

