

# PREVENTING SUICIDE

## IN SENIOR LIVING COMMUNITIES

### THE STATISTICS



16.6%

Suicide rate for men & women ages 65+

30.9%

Suicide rate for men 65+



COMPARED TO

12.5%

Suicide rate for ages 15-64

13.8%

U.S. national suicide rate

### THE WARNING SIGNS



- 1 THREATENING OR TALKING ABOUT wanting to kill or hurt himself
- 2 LOOKING for ways to kill or hurt himself
- 3 TALKING OR WRITING for about death, dying, or suicide



You need to take people very seriously when you hear them talking or acting like this!

### SECONDARY

### WARNING SIGNS



- 4 Dramatic MOOD CHANGES
- 5 Talking about BEING A BURDEN to others
- 6 DEMONSTRATING ANXIETY or agitation
- 7 INCREASED ALCOHOL or drug use
- 8 SLEEP DISRUPTION (unable to sleep or sleeping all the time)
- 9 Rage, UNCONTROLLED ANGER, seeking revenge
- 10 Expressing no reason for living, NO SENSE OF PURPOSE in life
- 11 WITHDRAWING from family, friends, or society
- 12 RECKLESSNESS, engaging in risky activities without thinking
- 13 Talking about FEELING TRAPPED or being in unbearable pain

### TAKE

### ACTION



CALL

911

the resident's physician

the resident's family