



September is National Suicide Awareness Month. Do your part to raise awareness and help prevent suicide. If you know someone who is struggling and needs help, please reach out. 988 is the National Suicide & Crisis Lifeline.

In 2020, someone died every 11 minutes from suicide in the U.S.

- 12.2 million adults seriously thought about suicide
- 3.2 million adults made a plan
- 1.2 million adults attempted suicide

Ask. **Listen.** **Encourage them to seek help.**

It's time to raise awareness and recognize our role to help prevent it.

 **Suicide & Crisis Lifeline** 
988

*numbers are from www.cdc.gov/suicide