



A donor-supported nonprofit

FACT SHEET

Suicide Prevention

○ Introduction

Suicide is a leading cause of death in the U.S. Suicide rates increased in nearly every state from 1999 through 2016. Mental health conditions are often seen as the cause of suicide, but suicide is rarely caused by any single factor. In fact, many people who die by suicide are not known to have a diagnosed mental health condition at the time of death. Other problems often contribute to suicide, such as those related to relationships, substance use, physical health, and job, money, legal, or housing stress.¹

○ Suicide Prevention

National Suicide Prevention Hotline

The National Suicide Prevention Lifeline is a national network of local crisis centers. It provides free, confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, seven days a week. The Lifeline is committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing best practices and building awareness.

Phone: 800/273-8255

Web: suicidepreventionlifeline.org

Crisis Chat: suicidepreventionlifeline.org/chat

American Foundation for Suicide Prevention

The American Foundation for Suicide Prevention (AFSP) is a voluntary health organization. The AFSP is a nationwide community empowered by research, education and advocacy to take action against this leading cause of death. The AFSP is dedicated to saving lives and bringing hope to those affected by suicide. The AFSP creates a culture that's smart about mental health by engaging in the following core strategies:

- Funding scientific research
- Educating the public about mental health and suicide prevention
- Advocating for public policies in mental health and suicide prevention
- Supporting survivors of suicide loss and those affected by suicide in our **mission**.

Phone: 888/333-2377

Web: afsp.org

¹ "CDC Vital Signs: Suicide Rising Across the U.S." Suicide Fact Sheet. June 2018. cdc.gov/vitalsigns/suicide.

Centers for Disease Control and Prevention (CDC)

Making sure government, public health, healthcare, employers, education, the media and community organizations are working together is important for preventing suicide. Public health departments can unite these partners to focus on comprehensive state and community efforts to prevent suicide.

Phone: 888/333-2377

Web: cdc.gov/vitalsigns/suicide

2018 Suicide Prevention Fact Sheet: cdc.gov/vitalsigns/pdf/vs-0618-suicide-H.pdf

Suicide Prevention Resource Center

The Suicide Prevention Resource Center is the only federally supported resource center devoted to implementing the National Strategy for Suicide Prevention.

Phone: 800/273-TALK (8255)

Web: sprc.org

Crisis Text Line

Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the U.S. to text with a trained crisis counselor.

Phone: Text “Start” or “Home” to 741741

Trans Lifeline

Trans Lifeline is a national trans-led organization dedicated to improving the quality of trans lives through direct service, material support, advocacy and education. The vision of this organization is to fight the epidemic of trans suicide and improve overall life outcomes of trans people by facilitating justice-oriented, collective community aid.

Phone: 877/565-8860 (U.S.), 877/330-6366 (Canada)

Web: translifeline.org

The Trevor Project

The Trevor Project was founded in 1998 by the creators of the Academy Award®-winning short film *Trevor*. It is the leading national organization providing crisis and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

Phone: 866/488-7386 (includes text options)

Web: thetrevorproject.org (includes chat option)

It is not the intention of the Amputee Coalition to provide specific medical or legal advice but rather to provide consumers with information to better understand their health and healthcare issues. The Amputee Coalition does not endorse any specific treatment, technology, company, service or device. Consumers

are urged to consult with their healthcare providers for specific medical advice or before making any purchasing decisions involving their care.

National Limb Loss Resource Center, a program of the Amputee Coalition, located at 900 East Hill Ave., Suite 390, Knoxville, TN 37915 | 888/267-5669.

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