Suicide

URL of this page: http://www.nlm.nih.gov/medlineplus/suicide.html

Suicide is the tenth most common cause of death in the United States. People may consider suicide when they are hopeless and can't see any other solution to their problems. Often it's related to serious depression, alcohol or substance abuse, or a major stressful event.

People who have the highest risk of suicide are white men. But women and teens report more suicide attempts. If someone talks about suicide, you should take it seriously. Urge them to get help from their doctor or the emergency room, or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). It is available 24/7.

Therapy and medicines can help most people who have suicidal thoughts. Treating mental illnesses and substance abuse can reduce the risk of suicide.

**NIH: National Institute of Mental Health**

**Start Here**
- National Suicide Prevention Lifeline [http://www.suicidepreventionlifeline.org/] (Substance Abuse and Mental Health Services Administration)

**Overviews**
- Suicide and Suicidal Thoughts [http://www.mayoclinic.com/health/suicide/DS01062/METHOD=print] (Mayo Foundation for Medical Education and Research)
- Understanding Suicide [http://www.cdc.gov/ViolencePrevention/pdf/Suicide-FactSheet-a.pdf] (Centers for Disease Control and Prevention) - PDF

**Latest News**
- More News on Suicide [http://www.nlm.nih.gov/medlineplus/alphanews_s.htm#suicide]

**Diagnosis/Symptoms**
- Suicide Warning Signs [http://store.samhsa.gov/shin/content/SVP05-0126/SVP05-0126.pdf] (Substance Abuse and Mental Health Services Administration) - PDF
  Also available in Spanish [http://store.samhsa.gov/shin/content/SVP05-0126SP/SVP05-0126SP.pdf]
- Suicide: What to Do When Someone Is Suicidal [http://www.mayoclinic.com/print/suicide/MH00058/METHOD=print] (Mayo Foundation for Medical Education)
and Research

Prevention/Screening

- Having Trouble Coping? [http://www.suicidepreventionlifeline.org/App_Files/Media/PDF/NSPL_Coping_Tips_Wallet_Card.pdf] (Substance Abuse and Mental Health Services Administration) - PDF
- Preventing Suicide [http://www.cdc.gov/Features/PreventingSuicide/] (Centers for Disease Control and Prevention)
- Suicide Prevention [http://www.dbsalliance.org/site/PageServer?pageName=urgent_crisis_suicide_prevention] (Depression and Bipolar Support Alliance)

Coping

- After an Attempt: A Guide for Taking Care of Your Family Member After Treatment in the Emergency Department [http://www.suicidepreventionlifeline.org/App_Files/Media/PDF/Lifeline_AfterAnAttempt_ForFamilyMembers.pdf] (Substance Abuse and Mental Health Services Administration) - PDF
- After an Attempt: A Guide for Taking Care of Yourself After Your Treatment in the Emergency Department [http://www.suicidepreventionlifeline.org/App_Files/Media/PDF/Lifeline_AfterAnAttempt_ForYourself.pdf] (Substance Abuse and Mental Health Services Administration) - PDF
- Are You Thinking about Suicide? How to Stay Safe and Find Treatment [http://www.mayoclinic.com/print/suicide/MH00054/METHOD=print] (Mayo Foundation for Medical Education and Research)
- Suicide Grief: Healing After a Loved One's Suicide [http://www.mayoclinic.com/print/suicide/MH00048/METHOD=print] (Mayo Foundation for Medical Education and Research)

Specific Conditions

- Suicide and Depression [http://www.save.org/index.cfm?fuseaction=home.viewPage&page_id=705C8CB8-9321-F1BD-867E811B1B404C94] (Suicide Awareness Voices of Education)

Related Issues

- Getting through Tough Economic Times [http://www.samhsa.gov/economy/] (Substance Abuse and Mental Health Services Administration)

Videos

  NIMH (National Institute of Mental Health)

Clinical Trials

- ClinicalTrials.gov: Suicidal Ideation [http://clinicaltrials.gov/search/open/condition=%22Suicidal+Idea%22]  
  NIMH (National Institutes of Health)
- ClinicalTrials.gov: Suicide [http://clinicaltrials.gov/search/open/condition=%22Suicide%22]  
  NIMH (National Institutes of Health)
Research


Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)


Dictionaries/Glossaries


Directories

- Find Your Local NAMI [http://www.nami.org/PrintTemplates.cfm?Section=Your_Local_NAMI&Template=/CustomSource/AffiliateFinder.cfm] (NAMI)
- Mental Health Treatment Program Locator [http://findtreatment.samhsa.gov/MHTreatmentLocator/faces/quickSearch.jsp] (Substance Abuse and Mental Health Services Administration)
- Psychologist Locator [http://locator.apa.org/] (American Psychological Association)

Organizations

- American Association of Suicidology [http://www.suicidology.org/]
- Suicide Awareness Voices of Education [http://www.save.org/]

Statistics

- CDC Finds Suicide Rates among Middle-Aged Adults Increased from 1999-2010
Suicide: MedlinePlus (Print Version)

[http://www.cdc.gov/media/releases/2013/p0502-suicide-rates.html] (Centers for Disease Control and Prevention)

- Suicidal Thoughts among Asians, Native Hawaiians, or Other Pacific Islanders [http://www.samhsa.gov/data/2K13/Spotlight/Spot118-suicidal-thoughts.pdf] (Substance Abuse and Mental Health Services Administration) - PDF
- Suicidal Thoughts and Behavior in 33 Metropolitan Statistical Areas: 2008 to 2010 [http://www.samhsa.gov/data/2k12/NSDUH119/SR119SuicideByMSA2012.pdf] (Substance Abuse and Mental Health Services Administration) - PDF
- Suicide Facts at a Glance [http://www.cdc.gov/violenceprevention/pdf/Suicide_DataSheet-a.pdf] (Centers for Disease Control and Prevention) - PDF

MedlinePlus Magazine


Children

- Antidepressants for Children and Teens [http://www.mayoclinic.com/print/antidepressants/MH00059/METHOD=print] (Mayo Foundation for Medical Education and Research)
- Suicide Prevention for Children [http://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Suicide-Prevention-For-Children.aspx] (American Academy of Pediatrics)
- Surviving Your Child's Suicide [http://www.compassionatefriends.org/Brochures/surviving_your_childs_suicide.aspx] (Compassionate Friends)

Teenagers

- About Teen Suicide (For Parents) [http://kidshealth.org/parent/emotions/behavior/suicide.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/parent/en_espanol/emociones/suicide_esp.html]
- Suicide [http://kidshealth.org/teen/your_mind/mental_health/suicide.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/mente/suicide_esp.html]
Men
- Suicide [http://www.womenshealth.gov/mens-health/top-health-concerns-for-men/suicide.html] (Department of Health and Human Services, Office on Women’s Health)

Seniors

Patient Handouts
- National Suicide Prevention Lifeline [http://www.suicidepreventionlifeline.org/App_Files/Media/PDF/NSPL_Consumer_Brochure_1-30-06.pdf] (Substance Abuse and Mental Health Services Administration) - PDF
- Suicide and suicidal behavior [http://www.nlm.nih.gov/medlineplus/ency/article/001554.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/001554.htm]
- Understanding Suicide [http://www.cdc.gov/ViolencePrevention/pdf/Suicide-FactSheet-a.pdf] (Centers for Disease Control and Prevention) - PDF

You may also be interested in these related encyclopedia pages:
- Suicide and suicidal behavior [http://www.nlm.nih.gov/medlineplus/ency/article/001554.htm]

You may also be interested in these related MedlinePlus topics:
- Depression [http://www.nlm.nih.gov/medlineplus/depression.html]

The primary NIH organization for research on Suicide is the National Institute of Mental Health [http://www.nimh.nih.gov]

Suicide - Multiple Languages [http://www.nlm.nih.gov/medlineplus/languages/suicide.html]

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