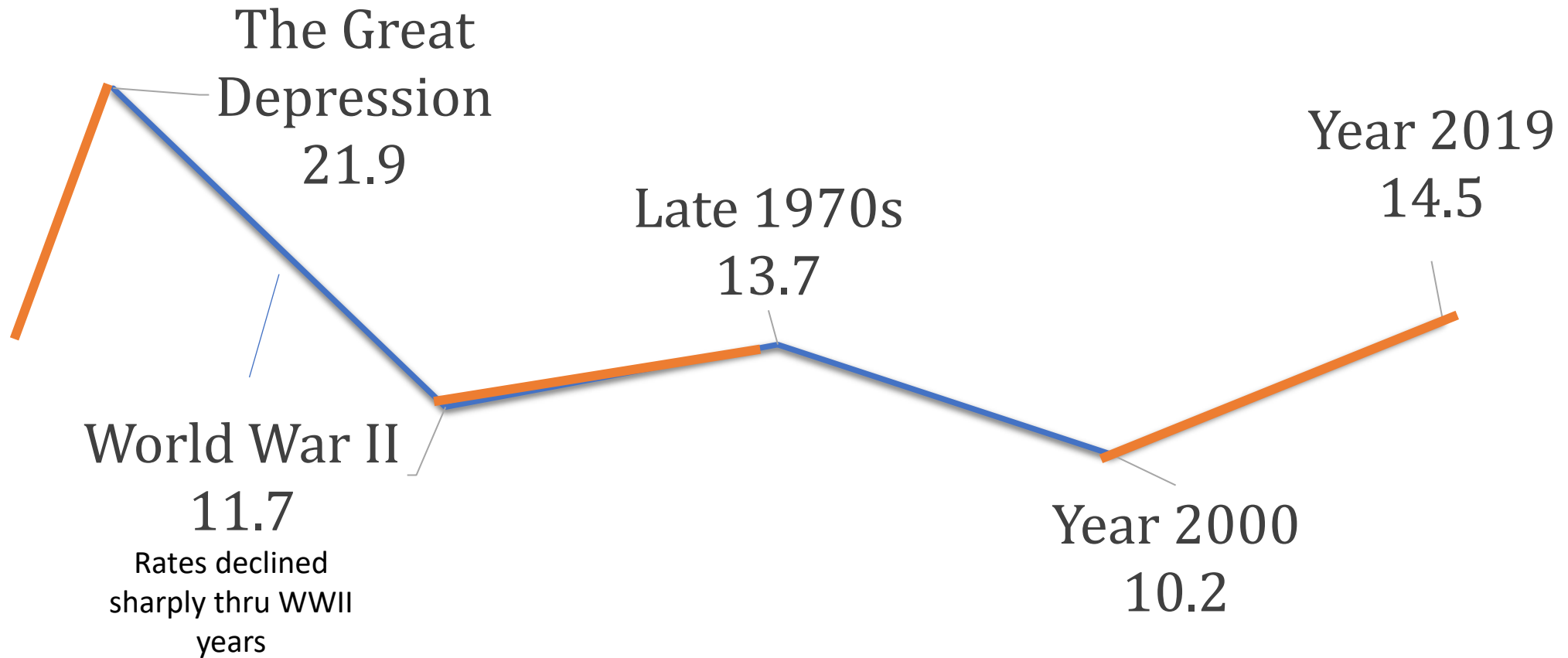


# USA Suicide Rates

Number of deaths per year per 100,000 people



➤ **48,000** American lives lost to suicide in 2019.

➤ In Alabama, **840**

➤ 2009-2019, suicide rates increased:

21% overall

34% ages 25-34

39% ages 15-24

117% ages 5-14



# Helping

Encourage de-  
stigmatizing  
mental illness,  
addiction

(NO ONE is  
immune)

# Helping

Reduce access to  
firearms

# Helping

## Crisis intervention services

- The Crisis Center (205) 323-7777
- National: 800-273-8255
- Hospital Emergency Departments
- 911

# Helping

empowering people to  
**ask** others about  
suicide & offer  
encouragement & help  
them get help

Do I dare ask?



PLEASE



# What to ask: The Columbia Protocol

1. Have you wished you were dead or wished you could go to sleep and not wake up?
2. Have you actually had any thoughts about killing yourself?

IF YES, ask all questions. If NO, skip to question 6.

3. Have you thought about how you might do this?
4. Have you had any intention of acting on these thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not act on them?
5. Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?
6. Have you done anything, started to do anything, or prepared to do anything to end your life? Examples: Collected pills, obtained a gun, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.