



Kansas City

We Need To Talk About Suicide

Together, we can prevent deaths by suicide. It starts with talking about suicide and raising awareness.

Suicide is a Leading Cause of Death in the U.S.

2nd Among Ages 10-14¹

4th Among Ages 35-44²

12th Overall¹

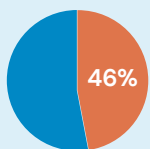
High Risk Populations

1st People working in construction and extraction had the highest suicide rates among all occupations.³

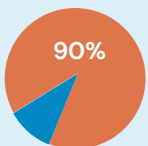
4X LGBTQ+ youth were four times more likely to attempt suicide than straight youth.¹

79% Men made up 79% of deaths by suicide; women were more likely to attempt suicide.¹

Among Those Who Died by Suicide



Had a diagnosed mental health condition.¹



Experienced symptoms of a mental health condition.¹

You Are NOT Alone

Help Someone in Crisis or Facing Mental Health Struggles

ASK DIRECTLY Are you thinking about suicide?

KEEP THEM SAFE by reducing access to lethal means such as firearms or pills.

GET HELP

- **Call/Text 988:** Suicide & Crisis Lifeline
- **Call 833-302-6463:** Blue KC Mindful Advocate*

STAY WITH THEM until professional help arrives. Listen nonjudgmentally and acknowledge their feelings.

Learn more about behavioral health support at [BlueKC.com](https://www.bluekc.com).

*Available to Blue KC members ¹ [NAMI 2023](#) ² [CDC 2020](#) ³ [CDC 2021](#)