



# SEPTEMBER



## SUICIDE PREVENTION MONTH

**Suicide is the 2nd leading cause of death for Nevadans aged 10 to 34 and the 9th leading cause of death for all Nevadans. In 2020, Nevada lost 603 people to suicide- which equates to one death by suicide every 14 hours in the silver state. But our efforts are helping. The state of Nevada has recently fallen out of the top 10 for suicide rates in the nation. With knowledge and resources, we can work together to save lives and prevent suicide.**

### **Potential Signs of Suicide**

- Talking about suicide or dying.
- Hopelessness or expressing feelings of desperation.
- Physical changes such as increase or decrease in eating, sleeping, or changes in hygiene.
- Reckless or dangerous behavior.
- Giving away possessions or saying goodbye in person or on social media.

### **Resources for Help:**

- If you or someone you know is experiencing a mental health crisis, call or text **988** immediately (Spanish available, press 2).
- You can also text NAMI to **741-741** to be connected to a free, trained crisis counselor on the Crisis Text Line.
- For LGBTQ+ resources and support, call or text the Trevor Lifeline, **1-866-488-7386**.
- Veterans Crisis Line, **call 988 and press 1**.

**FOR MORE INFORMATION, RESOURCES AND  
TRAINING, PLEASE VISIT  
[SUICIDEPREVENTION.NV.GOV](https://suicideprevention.nv.gov)**