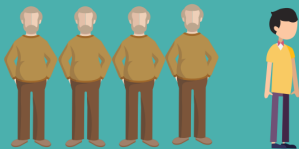


Preventing Suicide Among Older Adults

Adults over age 65 have some of the highest rates of suicide in the U.S. However, despite the statistics, professionals and individuals across communities can take steps to bring help and hope to this population.



Men ages 85 and older are almost four times as likely to die by suicide as adolescent males ages 15 to 19.

(CDC, 2014)

Older adults who attempt suicide are **more likely to use lethal means and to die** than younger people who attempt suicide.

(AAS, 2015)

Understanding Risk

Prevention efforts focus on reducing the factors that contribute to suicide among older adults and strengthening the factors that protect against it.

Risk Factors



Depression and other mental health issues



Substance abuse



Physical illness, disability, or pain



Social isolation

Protective Factors

Access to care for mental and physical health conditions



Social connectedness



Skills in coping and adapting to change



Who Can Help?

Individuals and professionals who work in any of the following settings can play an important role in preventing suicide among older adults:



Primary
Care



Behavioral
Health



Faith
Communities



Senior Centers
and Senior Living
Communities

Think You Might Know Someone at Risk?
Call the National Suicide Prevention Lifeline for help:
1-800-273-TALK (8255)

Resources

Older Americans Behavioral Health Issue Brief 4: Preventing Suicide in Older Adults



http://www.sprc.org/library_resources/items/older-americans-behavioral-health-issue-brief-4-preventing-suicide-older-adu

Suicide in Late Life: Unique Factors and Enduring Treatment Gaps



<http://www.sprc.org/directorsblog/suicide-late-life-unique-factors-and-enduring-treatment-gaps>

National Council on Aging's Center for Healthy Aging, behavioral health resources



<https://www.ncoa.org/center-for-healthy-aging/>

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