

# The State of Suicide & Prevention

Men aged 75+ have the highest suicide rate among all age groups due to factors like **illness** and **isolation**.

- Centers for Disease Control and Prevention

LGBTQ+ individuals and veterans are among the top groups at suicide risk. Support **affirming environments** and **expanded mental health services** for prevention.

- The Trevor Project & U.S. Department of Veteran Affairs



After hospitalization, create a **safe space** for conversation by listening without judgment, avoiding triggers and **encouraging expression of feelings** through talking, journaling or creative outlets.



Over half of individuals who have died by suicide had **never been evaluated** for a mental health disorder. **Timely care is crucial.**

- National Alliance on Mental Illness

Visit [LucetHealth.com](https://www.lucethealth.com) to view the  
**Suicide Prevention Toolkit**