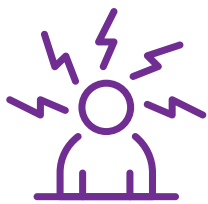


Because even one death by suicide is one too many for a condition that can be prevented

During September, Suicide Prevention Month, find the tools and resources below to increase awareness — you could help save a life.



In 2021:

12.3 million adults seriously thought about suicide

3.5 million adults made a plan

1.7 million adults attempted suicide

In 2022:

49,449 people died by suicide in the United States.

That is **1 death every 11 minutes**

**Provisional estimates in the United States 2022 per the Centers for Disease Control

Lives at risk

- **35 percent**¹— over two decades, suicide in the U.S. has increased.
- **30 years**²— national suicide rate in the U.S. is at its highest.
- **10 and 34 years of age**⁴— suicide is the second leading cause of death.
- **18-24 years of age**⁵— 25 percent contemplated suicide amid pandemic stress.
- **One in five high school students**⁶— considered suicide over a 12 month period.

****Older adult suicide rates increased 8%.**

We can all work together to save lives. You can make all the difference for someone. Opportunities to make a difference:

TALK SAVES LIVES TRAINING

Complete a brief online, interactive training, Talk Saves Lives, created by The American Foundation for Suicide Prevention. Talk Saves Lives covers suicide awareness — the research, the risk factors and warning signs and things we can all do to change the heartbreaking trend on this leading cause of death.

[TAKE THE TALK SAVES LIVES TRAINING](#)

GETTING HELP

If you or someone you know is experiencing a mental health crisis or needs to talk, free 24/7 confidential help is available with a trained counselor. You can reach out to **988** Suicide and Crisis Lifeline, or to the Crisis Text Line by texting HOME to **741-741**.

988 can be dialed by phone, is available by text, and also has an **online chat feature**.

If you are experiencing a medical emergency or there is immediate danger or harm, call **911**.

Additional resources:

[CVS Health Mental Health Awareness Guide](#)



[CVS Health Suicide Prevention](#)



[CVS Health Well-being site](#)



[Depression Check](#)



CVS Health aims to reduce suicide attempts by **20%** for its Commercial adult population by 2025. For more details about all that CVS Health is doing to lead the suicide prevention charge, go to:

<https://www.cvshealth.com/services/health-care-and-wellness/mental-health/suicide-prevention.html>

¹ Centers for Disease Control NCHS Data Brief, No 362, April 2020.

² Fond, G., Liorca, P.M., Boucekine, M., et al (2016) Scientific Reports, 6:20256. Doi:10.1038/srep20256.

³ NCHS Data Brief, no 352. Hyattsville, Maryland: National Center for Health Statistics.

⁴ National Institutes of Mental Health. Updated January 2021.

⁵ CDC Morbidity and Mortality Weekly Report, August 2020.

⁶ Centers for Disease Control and Prevention (2020) in Youth Risk Behavior Survey. Data Summary and Trends Report, 2009-2019.

⁷ Suicidal Ideation and Behavior in Adults. Published December 2020.

⁸ Internal Journal of Environmental Research and Public Health. Published September 2018.

⁹ Mentalhealthfirstaid.org; National Council for Mental Wellbeing. November, 2020.

¹⁰ Suicide Data and Statistics. Centers for Disease Control and Prevention. August 2023.

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