

Prevention of  
Suicide  
May 18

FAST FACT



On average, one  
person dies by  
suicide in  
Connecticut  
**EVERY 23 Hours**

Action Today.  
Healthier Tomorrow

Ways to be helpful to someone  
who is threatening suicide:

Be direct: Talk openly and matter-  
of-factly about suicide.

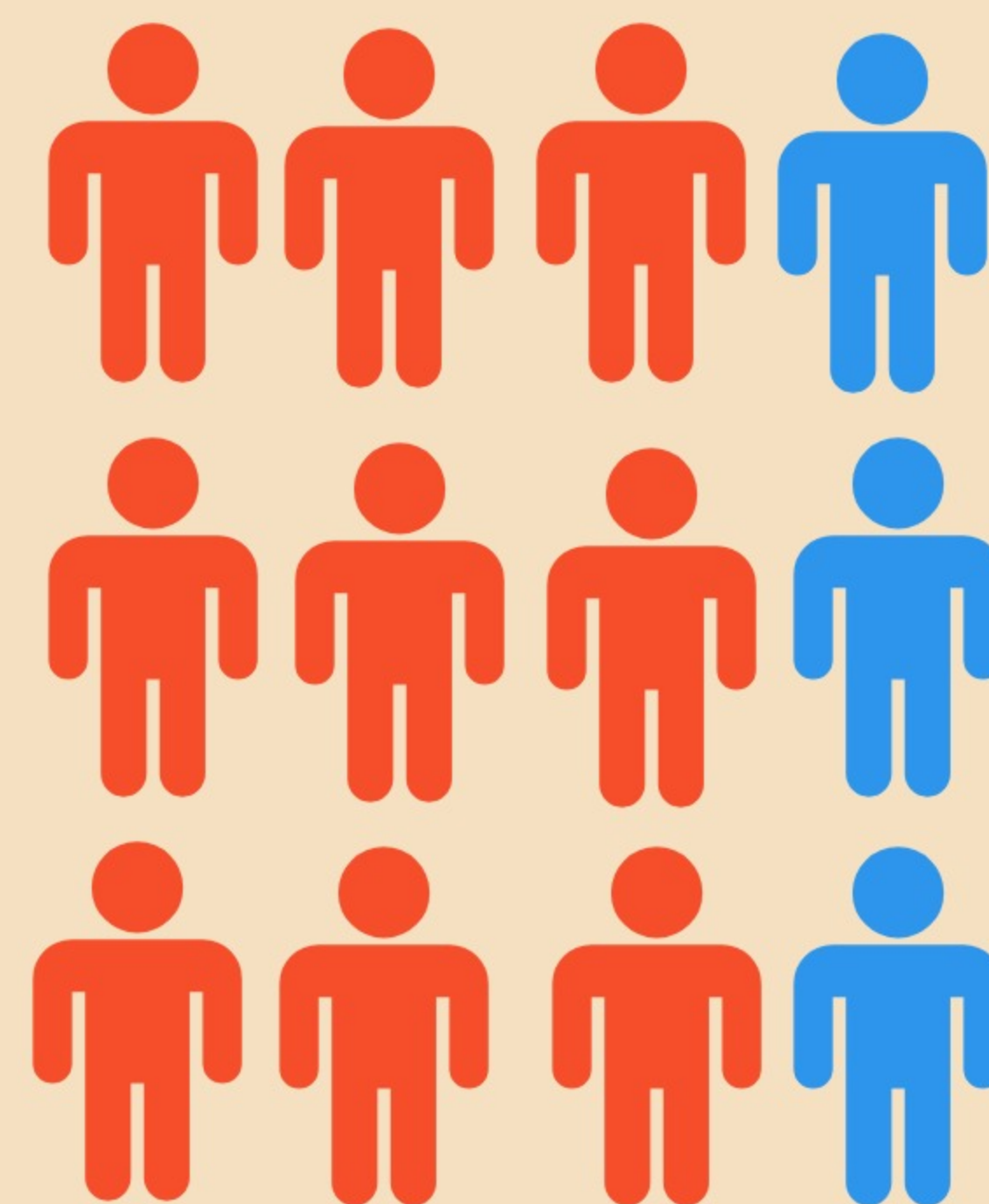
Be non-judgemental: Don't debate  
whether suicide is right or wrong,  
or whether feelings are good or  
bad. Don't lecture on the value of  
life.

Get involved: Become available.  
Show interest and support.

Source: [preventsuicidect.org](http://preventsuicidect.org)

**Suicide is the  
12th leading cause  
of death in Connecticut**

Three times as many people  
die by suicide in Connecticut  
than by homicide. A total of  
**6,746** years of potential life  
lost (YPLL) before age 65 are  
due to suicide each year in  
Connecticut.



Source: [American Foundation for Suicide Prevention, afsp.org](http://AmericanFoundationforSuicidePrevention.afsp.org)

**If you are in crisis and need immediate help:**

**2-1-1**

Outside Connecticut, call:  
National Suicide Prevention Lifeline  
**1.800.273.TALK (8255)**

Learn more:

[CT.GOV/DMHAS/NPW/Resources](http://CT.GOV/DMHAS/NPW/Resources)

#ctpreventionweek

