



SUICIDE

IMPORTANT FACTS:

Persons age 65+ have the highest risk of suicide worldwide. In most cases, suicide is the result of **multiple factors** that create a sense of hopelessness.

The suicide rate for males is almost **4.5 times higher** than females. Nationwide, men account for an estimated **85% of suicides** among those age 65 and older.

An **estimated 20%** of elderly persons who commit suicide visited a physician within 24 hours of their act; 41% visited **within a week**; and 75% were seen by a physician **within one month** of their suicide.

In order of prevalence, **firearms, overdose and suffocation** are the three most common methods of suicide used by persons age 65+.

Approximately every **83 minutes**, one adult age 65+ commits suicide in the U.S.

What are suicide risk factors?

- Recent loss** of a spouse, loved one or pet.
- Debilitating or **life-threatening** illness.
- Severe, chronic and/or **inescapable pain**.
- Loss of independence**, must rely on others.
- Diagnosis of **major depression**.
- Increased use of **alcohol, prescription drugs**.
- More prevalent in **men over the age of 65**.
- Statements about **death and suicide**.
- Sudden interest** in firearms.
- Social withdrawal or **elaborate goodbyes**.

<http://edis.ifas.ufl.edu/FY101>

www.samhsa.gov



OKLAHOMA MENTAL HEALTH & AGING COALITION

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For crisis intervention call

Lifeline: (800) 273-TALK or

Reachout Hotline: (800) 522-9054

#516

www.odmhsas.org
405-522-3810

Please seek help immediately if you or a loved one are expressing thoughts of suicide.