



SAMHSA's Commitment to Suicide Prevention

Suicide Is a Serious Public Health Problem

Suicide is the tenth leading cause of death in the United States—claiming one life every 13 minutes—and the second leading cause of death for young people (aged 15 to 34). The highest number and rate of suicide occurs among people aged 45 to 59 years old; and for every female who dies by suicide, 3.5 men complete the act.¹ The causes of suicide are complex and determined by multiple combinations of factors, such as mental illness, substance abuse, painful loss, exposure to violence, and social isolation.

As the federal leader in behavioral health, the Substance Abuse and Mental Health Services Administration (SAMHSA) is committed to continuing to work with its partners to provide states, territories, tribal entities, communities, and the public with the assistance and prevention resources they need.

National Strategy for Suicide Prevention

Released by the [U.S. Surgeon General](#) and the [National Action Alliance for Suicide Prevention](#) in 2012, the *National Strategy for Suicide Prevention* is intended to guide suicide prevention actions in the United States over the next decade. The strategy provides guidance for schools, businesses, health systems, clinicians, and others, and it [emphasizes the role all Americans can play](#) in protecting their friends, family members, and colleagues from suicide.

SAMHSA is a proud partner of the [Action Alliance](#), a public-private partnership—with more than 200 participating organizations—advancing the *National Strategy for Suicide Prevention*. SAMHSA funds the [Suicide Prevention Resource Center](#) to act as Executive Secretariat to the Action Alliance.

SAMHSA's Suicide Prevention Programs and Resources

Programs Featured in the Suicide Safe Press Conference

The 24-hour, toll-free [National Suicide Prevention Lifeline](#) is a confidential system of suicide prevention hotlines, available to anyone in suicidal crisis or emotional distress. By dialing 1-800-273-TALK (8255), the call is routed to the nearest crisis center in a

¹ Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS) [online]. (2015) Available from URL: www.cdc.gov/injury/wisqars



national network of more than 160 centers. The Lifeline's national network of local crisis centers provides crisis counseling and mental health referrals day and night.

The [Suicide Prevention Resource Center \(SPRC\)](#) is the nation's only federally supported resource center devoted to advancing the *National Strategy for Suicide Prevention*. SPRC strengthens the capacity of systems, organizations, and stakeholders to prevent suicide, and promotes collaboration among organizations that advance the field of suicide prevention. SPRC works to increase the knowledge and expertise of suicide prevention practitioners and other professionals serving people at risk for suicide. Among the services provided are technical assistance, training, materials/publications, organizational support for the National Action Alliance for Suicide Prevention, and partnership building.

Additional SAMHSA Suicide Prevention Programs and Resources

Garrett Lee Smith State/Tribal Suicide Prevention Program

Supports states and tribes in developing and implementing statewide or tribal systems and strategies for youth suicide prevention and early intervention, grounded in public and private collaboration.

Garrett Lee Smith Campus Suicide Prevention Program

Facilitates a comprehensive approach to preventing suicide at colleges and universities by supporting education and outreach efforts for students with mental and behavioral health issues that put them at risk for suicide, such as depression or substance use or abuse.

National Suicide Prevention Lifeline Crisis Center Follow-Up Program

Supports crisis centers within the Lifeline's network in systematically following up with Lifeline callers and suicidal persons discharged from emergency departments to see how they're doing, to offer emotional support and tips on coping strategies, and to encourage follow up with treatment referrals.

National Strategy for Suicide Prevention Grants

Assists states in implementing the 2012 *National Strategy for Suicide Prevention* goals and objectives focused on preventing suicide and suicide attempts among working-age adults 25 to 64 years old to reduce the overall suicide rate and number of suicides in the United States.

Cooperative Agreements for Tribal Behavioral Health (Native Connections)

Aims to prevent and reduce suicidal behavior and substance abuse and to promote mental health among American Indian and Alaska Native young people up to and including age 24.

Suicide Prevention Publications

Offers evidenced-based publications on suicide prevention, available in digital and/or print formats on the SAMHSA Store website.