

NATIONAL SUICIDE PREVENTION MONTH



Suicide crisis (n). A crisis where a person thinks of suicide. Not all suicide crises lead to **attempts**; in fact, **suicide attempts occur in a relatively small portion of suicide crises**. When someone helps a person in suicide crisis, we call it 'intervention.' **Call or text 1-800-231-1127 (24/7)**

10th

**leading cause of death
in Michigan**

2nd leading
cause of death for ages 15-34

4th leading
cause of death for ages 35-54

8th leading
cause of death for ages 55-64

19th leading
cause of death for ages 65 & older

How to Talk About Suicide

The language you use to discuss suicide matters.

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For immediate assistance Contact
Common Ground at 1-800-231-1127

Problematic

Preferred

**"Committed
suicide"**

**"Died by
suicide"**

The word "committed" is associated with criminal behavior or sin. Changing the phrase decriminalizes the act.

**"Failed
suicide"**

**"Suicide
attempt"**

Words that glamorize suicide attempts, like "failed" or "unsuccessful" should be avoided.

**"Successful
suicide"**

**"Took their
own life"**

The word "successful" suggests that suicide is the desired outcome.

Suicide WARNING SIGNS

