

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.

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

Problematic

Preferred

"Committed suicide"

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

"Died by suicide"

"Failed suicide"

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

"Suicide attempt"

"Successful suicide"

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

"Took their own life"

Suicide WARNING SIGNS

