



September

is National Suicide Prevention Month.

While suicide prevention is important to address year round, Suicide Prevention Awareness Month provides a dedicated time to come together with collective passion and strength around a difficult topic. The truth is, we can all benefit from honest conversations about mental health conditions and suicide because just one conversation can change a life. See this National Alliance on Mental Illness (NAMI) resource for more information: [It's Okay to Talk About Suicide](#).

Suicide is a major public health concern. More than 47,500 people die by suicide each year in the United States; it is the 10th leading cause of death overall. Suicide is complicated and, although tragic, is often preventable.

Kentucky Data

On average, one person died by suicide every 11 hours in the state of Kentucky during 2020. See the following resource from the American Foundation for Suicide Prevention for more information: [Suicide Facts & Figures: Kentucky 2020](#)



Kentucky Youth Data

The U.S. Centers for Disease Control and Prevention (CDC) [Youth Risk Behavior Survey](#), which is completed every two years, shows that in 2019 18.4% of Kentucky high school students seriously considered attempting suicide, and 8.9% of Kentucky's high school students attempted suicide in the previous 12 months.

The Kentucky Incentives for Prevention (KIP) survey, which is administered biannually, reports data from 2018 that mirrors the CDC's findings. In 2018, 9,036 Kentucky students attempted suicide. The KIP survey also found that in 2018, 15% of Kentucky students felt unsafe while at school.


The following table provided by The Kentucky Injury and Prevention Research Center reports the recent data of suicides among Kentucky residents aged 24 or younger at the time of death:

Age	2015	2016	2017	2018	2019	2020	Total
10-14	8	8	10	9	8	10	53
15-19	41	38	32	34	30	35	209
20-24	54	52	47	58	51	60	322
Total	103	98	89	101	89	105	584

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Warning Signs of Suicide:

Talking About	Feelings	Behaviors
<ul style="list-style-type: none">• Wanting to die• Intense guilt or shame• Being a burden to others	<ul style="list-style-type: none">• Empty, hopeless, trapped or having no reason to live• Extremely sad, more anxious, agitated or full of rage• Unbearable emotional or physical pain	<ul style="list-style-type: none">• Making a plan or researching ways to die• Withdrawing from friends, saying goodbye, giving away important items or making a will• Taking dangerous risks• Displaying extreme mood swings• Eating or sleeping more or less• Using drugs or alcohol more often



NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

Kentucky Specific Resources:

- [Kentucky Department of Education’s Suicide Prevention Page](#)
- [Kentucky Cabinet for Health and Family Services Provider Directory](#)
- [Kentucky Helplines](#)
- [NPR Life Kit Podcast – How to Help Someone at Risk of Suicide posted on Dec. 15, 2020](#)

This information is targeted to provide support to school and district personnel in their efforts to support students in need. Please do not hesitate to reach out to the Kentucky Department of Education, Division of Student Success at 502) 564-4772 for additional information and training opportunities.



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