

LIST OF RESOURCES

- SAMHSA's National Suicide Prevention Lifeline has partnered with YouTube to offer suicide prevention resources to the YouTube online community. Visit: www.suicidepreventionlifeline.org or Call 24/7 hotline: 1-800-273-TALK(8255), for TTY equipment dial: 1-800-799-4TTY(4889)
- Use 'My3' App for phone: The MY3 app lets you stay connected when you're struggling with tough emotions or having thoughts of suicide. <http://www.suicidepreventionlifeline.org/gethelp/my3-app.aspx>
- Arkansas Crisis Center: 1-888-CRISIS2 (274-7472) or visit www.arcrisis.org
- THE TREVOR LIFELINE: providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth. Call 24/7 1-866-488-7386 or visit www.thetrevorproject.org
- You may also contact the safety teams at the social media sites listed below to anonymously report someone with suicidal risk.
 - <https://www.facebook.com/help/contact/?id=305410456169423>
 - <https://support.twitter.com/forms/suicide>
 - https://www.tumblr.com/docs/en/counseling_prevention_resources
- Arkansas State Prevention Enhancement: for county-level resources on substance abuse <http://www.PreventionWorksAR.org>

REFERENCES

1. The National Vital Statistics Report (NVSr) "Deaths: Final Data for 2013." http://www.cdc.gov/nchs/data/nvsr/nvsr64/nvsr64_02.pdf
2. 10 Leading Causes of Death by Age Group, United States – 2012. National Center for Injury Prevention and Control, CDC using WISQARS™
 3. <http://www.cdc.gov/violenceprevention/suicide/statistics/mechanism02.html>
 4. <http://www.cdc.gov/violenceprevention/suicide/consequences.html>
5. Center for Substance Abuse Treatment. Substance Abuse and Suicide Prevention: Evidence and Implications—A White Paper. DHHS Pub. No. SMA-08-4352. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2008.
6. American Foundation for Suicide Prevention. <https://www.afsp.org/understanding-suicide/frequently-asked-questions>
7. <http://alcoholrehab.com/drug-addiction/substance-abuse-and-suicide/>



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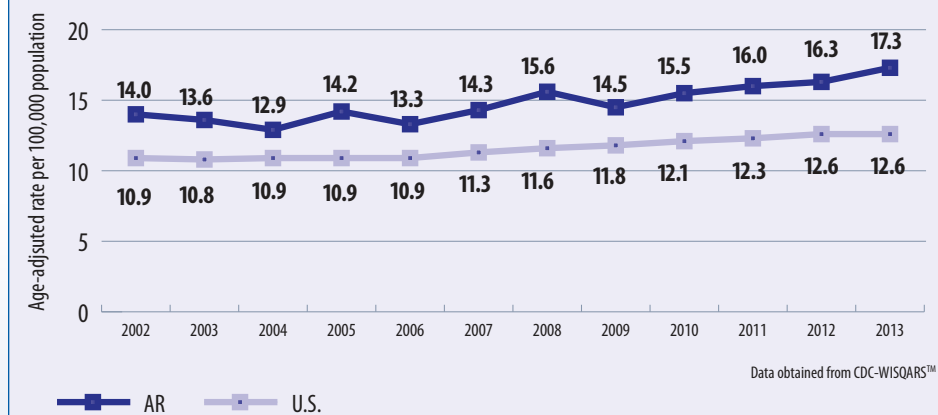
Suicide and Substance Abuse

The Centers for Disease Control and Prevention (CDC) says **suicide** is the **10th-leading cause of death** in the United States, accounting for more than **41,000 deaths in 2013**.¹ In **Arkansas, suicide is the 11th leading cause of death** accounting for more than **500 deaths in 2013**. There is an increasing trend in the age-adjusted suicide rate at both the national and state levels, and the age-adjusted suicide rate in Arkansas has consistently been higher than the national average (**Figure 1**). Between 2002 and 2013, these rates have increased by 23.6 percent in Arkansas compared with a 15.6 percent increase nationally. Suicide rates in younger age groups are particularly concerning; **suicide** has consistently been a **leading cause of death among younger age groups**.²



“Substance abuse disorder increases the likelihood of suicidal thoughts and attempts.”

Figure 1.
Suicide rate, 2002-2013



Impact of Suicide

Suicidal behavior is more significant in younger people.² Suicide is the **second-leading cause of death in youth ages 15-34** and the **third-leading cause of death in youth ages 10-14**. Among different methods, intentional self-poisoning by means of drug and non-drug resources is the third most frequent mechanism of suicide after use of firearms and suffocation.³ Among suicide cases with intentional self-poisoning, a greater proportion of suicide involves drug use in both Arkansas and the United States.

In addition to the loss of lives, more than **1 million** people **made suicide attempts** and more than **2 million** adults **had suicidal thoughts** in the past year.⁴ Such suicidal behavior can also cause nonfatal, self-inflicted serious injuries or health problems. A number of risk factors have been associated with suicide.

What are the most frequent risk factors in suicide?

Mental illness, most often depression, is a major risk factor in at least 90 percent of suicide deaths. **Alcohol and drug abuse are the second most common risk factor for suicide**; those who abuse drugs and alcohol are more than six times more likely to commit suicide.⁵

Alcohol use may worsen depression, lower inhibition and impair judgment. Many suicide attempts happen during binge drinking. It is estimated that **alcohol is a factor in 25 to 30 percent of all suicides**.⁶ It is particularly considered a major risk factor in suicide and/or suicidal behavior among male teens, elders and veterans.

Opiates, such as heroin, contribute to mental health disorders, and withdrawal from opiates increases depressive symptoms and susceptibility for suicidal behavior.⁷

Cannabis can also contribute to mental health disorders, worsen existing conditions and lead to drug dependency. These may further increase the risk of suicidal behavior.⁷

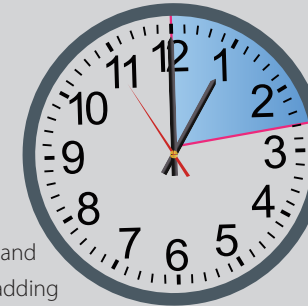
Other risk factors may include family history of drug abuse and mental illness, family history of suicide, past suicide attempts, history of childhood abuse, lack of social support, and financial, job or personal loss.

Quick facts:

- Among alcohol dependents who attempt suicide, 18 percent complete it.
- Alcohol is estimated to be involved in more than 25 percent of suicides.
- Most suicide attempts occur during binge drinking.

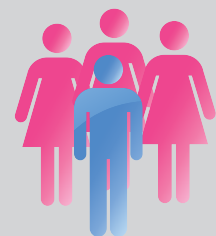
Substance Abuse and Suicidal Behavior Disparities

Suicide has lasting, negative effects on people, families and communities. It is a serious public health concern and adding alcohol or other drugs to the mix increases the suicide risk. The goal of suicide prevention is to reduce risk factors, like substance abuse, while promoting protective factors that can keep a suicide attempt from happening.



1 suicide every 13 minutes

WOMEN ARE 2-3 TIMES MORE LIKELY TO ATTEMPT SUICIDE THAN MEN.



However, men are **4 times** more likely to die from suicide than women.



COMMON METHODS FOR SUICIDE FROM SUBSTANCE ABUSE.



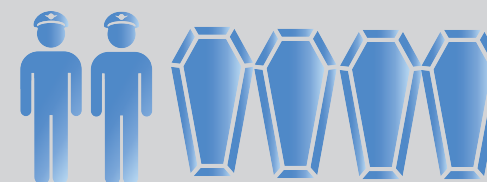
Poisoning (including drug overdose) is one of the most common methods of suicide in **men and women**.

#1 mechanism of suicide in women (38%)

#3 mechanism of suicide in men (12%) after firearms and suffocation

24% of men and 17% of women were legally drunk when they died by suicide.

AMONG U.S. VETERANS



Veteran men with substance use disorder are twice as likely to die by suicide than those who are not substance abusers.

Suicide risk increases by 6.5 times in women substance abusers than in those without substance use disorder.

6.5x



Prevention

A lot of people with suicidal tendency may start showing certain signs of suicidal behavior before taking a dire step. It is, therefore, important to understand and keep an eye out for these signs.

The primary protective factor for suicide prevention in people with substance abuse and mental health disorders is to provide easy access to clinical intervention and support for help-seeking, effective clinical care, and continued support from family, community and ongoing medical care relationships. Many people may show signs of suicidal behavior, including suicidal thoughts, suicide planning and previous suicide attempts. There are some preventive measures for substance abuse and suicidal behavior.

For parents: Communicate with your child and his/her school; access school support; take interest in your children's friend circle and group activities; be supportive to your children in every situation; take threats seriously; keep harmful things such as medications, poisonous substances and firearms out of child's reach.

For youth: Say no to drugs, don't self-medicate, talk to your parents or teachers, keep a positive attitude, remember that difficult situations don't last forever, and participate in school activities.

For schools: Maintain stringent alcohol- and drug-free campuses, educate students on the harms of alcohol and drug use, and motivate them to remain drug-free. ▲

“Alcohol and drug abuse are the second most frequent risk factor for suicide, next only to depression and other mood disorders.”

Suicide Warning Signs*:

- Talking about wanting to kill oneself
- Depression, anxiety, irritability or rage
- Increasing the use of alcohol or drugs
- Looking for a way to kill oneself, such as searching online for materials or means
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Reckless or aggressive behavior

*American Foundation for Suicide Prevention