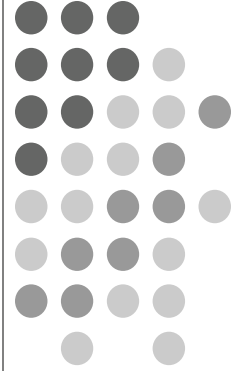


Suicide Facts for Older Adults



According to the National Institute of Mental Health:

- ◇ Individuals 75 years and older have the highest suicide rate.
- ◇ Comprising only 13% of the US population, individuals ages 65 and older account for 18% of all suicide deaths.
- ◇ Major depression, the disorder most associated with suicide in elderly Americans, is a widely under-recognized and undertreated *medical* illness.
- ◇ 58 % of older adults had seen their primary care physician within one month of their suicide.

Risk Factors for Senior Suicide:

| | |
|---------------------------------------|--------------------------------|
| Depression | Substance Abuse |
| Debilitating Physical Health Problems | Social Dependency or Isolation |
| Family Discord, Losses | Access to Firearms |

Depression is not a normal part of Aging.

Before you say, “I’m fine” ask yourself if you feel:

- ◇ Nervous or Empty
- ◇ Very Tired and Slowed Down
- ◇ Restless or Irritable
- ◇ Like you are a burden
- ◇ Guilty or Worthless
- ◇ Don’t enjoy usual activities
- ◇ As if no one loves you
- ◇ Life is not worth living

Help is available. Talk to your doctor, call the Lifeline, or contact the Gero-Psych Specialist listed below from your area.

National Suicide Prevention Lifeline

1.800.273.8255

For More Information Contact:

Lynn Tadda, LCSW
Franklin-Williamson Human Services, Inc.
618.937.6483 ext. 7504

Linda Warner, EdM, QMHP
Heartland Human Services
217.347.7179 ext. 1046

Juanita Suro, MA, LCPC
Southeastern Illinois Counseling Centers, Inc.
618.395.4309 ext. 230