



Delaware County Suicide Prevention Awareness Task Force

Suicide among Adults in Pennsylvania

What's the problem?

- In PA almost 1000 adults (20-64) complete suicide yearly – almost 3 every day! – the largest group of victims
- Adults account for more than 70% of all suicides in the state – they are the true face of suicide in PA
- Adult white males comprised almost 60% of all suicides in the state.
- The majority of adult suicides in Pennsylvania involved firearms. *(Source PA DOH)*

What are the key risk factors of suicide?

• Prior suicide attempt(s)	• Work and/or legal problems
• History of abuse, violence, trauma, combat	• Chronic illness, disability
• Divorced, separated, widowed	• White male, Native American, Veteran
• Depression, other mental illness, undertreatment	• Access to firearms
• Job, financial, status loss	• Low self-esteem, poor coping skills

What are some important protective factors?

• Strong family or social ties	• Strong self-esteem, sense of self-worth
• Optimism, resilience	• Willingness to seek help
• Emotional stability (not impulsive)	• Religiosity, spirituality

What are the warning signs of suicide?

Contact a mental health or medical provider if you encounter any of these behaviors:

• Hopelessness	• Rage, anger, revenge, recklessness
• Feeling trapped/no way out/helplessness	• Increasing alcohol and/or drug use
• Withdrawal from family, friends	• Anxiety, agitation, sleep problems
• Dramatic mood changes	• No reason for living, desire to die

What are the immediate danger signs of suicide?

Immediately call 9-1-1 or a crisis center (or 1-800-273-TALK) if you encounter:

- Someone threatening to hurt or kill herself or himself
- Someone looking for ways to take her or his life (i.e., a gun, pills, other lethal means)
- Someone talking, writing, or drawing about death, dying, or suicide

What can you do to help prevent suicide?

- Support state and local suicide prevention efforts
- Make sure that all family members know the warning and danger signs of suicide and what to do.
- Remove unused firearms and safely store/lock/disassemble firearms kept in the home.

DCSPATF
P.O. Box. 175
4 State Road
Media, PA 19063-1413

www.delcosuicideprevention.org