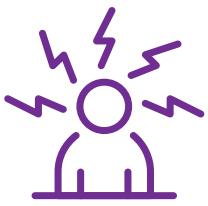
Because even one death by suicide is one too many for a condition that can be prevented

During September, Suicide Prevention Month, find the tools and resources below to increase awareness — you could help save a life.



In 2021:

12.3 million adults seriously thought about suicide

3.5 million adults made a plan

1.7 million adults attempted suicide

In 2022:

49,449 people died by suicide in the United States.

That is **1 death every 11 minutes**

**Provisional estimates in the United States 2022 per the Centers for Disease Control

Lives at risk

- **35 percent**[1] **—** over two decades, suicide in the U.S. has increased.
- **30 years**[2] **—** national suicide rate in the U.S. is at it's highest.
- **10 and 34 years of age**[4] **—** suicide is the second leading cause of death.
- **18-24 years of age**[5] **—** 25 percent contemplated suicide amid pandemic stress.
- **One in five high school students**[6] **—** considered suicide over a 12 month period.

***Older adult suicide rates increased 8%.*

We can all work together to save lives. You can make all the difference for someone. Opportunities to make a difference:

TALK SAVES LIVES TRAINING

Complete a brief online, interactive training, Talk Saves Lives, created by The American Foundation for Suicide Prevention. Talk Saves Lives covers suicide awareness — the research, the risk factors and warning signs and things we can all do to change the heartbreaking trend on this leading cause of death.

TAKE THE TALK SAVES LIVES TRAINING

GETTING HELP

If you or someone you know is experiencing a mental health crisis or needs to talk, free 24/7 confidential help is available with a trained counselor. You can reach out to **988** Suicide and Crisis Lifeline, or to the Crisis Text Line by texting HOME to **741-741**.

988 can be dialed by phone, is available by text, and also has an **online chat feature**.

If you are experiencing a medical emergency or there is immediate danger or harm, call **911**.

Additional resources:

CVS Health Mental Health Awareness Guide

CVS Health Suicide Prevention

CVS Health Well-being site

Depression Check

CVS Health aims to reduce suicide attempts by **20%** for its Commercial adult population by 2025. For more details about all that CVS Health is doing to lead the suicide prevention charge, go to: **https://www.cvshealth.com/services/health-care-and-wellness/mental-health/suicide-prevention.html**.

[1] Centers for Disease Control NCHS Data Brief, No 362, April 2020.
[2] Fond, G., Liorca, P.M., Boucekine, M., et al (2016) Scientific Reports, 6:20256. Doi:10.1038/srep20256.
[3] NCHS Data Brief, no 352. Hyattsville, Maryland: National Center for Health Statistics.
[4] National Institutes of Mental Health. Updated January 2021.
[5] CDC Morbidity and Mortality Weekly Report, August 2020.
[6] Centers for Disease Control and Prevention (2020) in Youth Risk Behavior Survey. Data Summary and Trends Report, 2009-2019.
[7] Suicidal Ideation and Behavior in Adults. Published December 2020.
[8] Internal Journal of Environmental Research and Public Health. Published September 2018.
[9] Mentalhealthfirstaid.org; National Council for Mental Wellbeing. November, 2020.
[10] Suicide Data and Statistics. Centers for Disease Control and Prevention. August 2023.

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