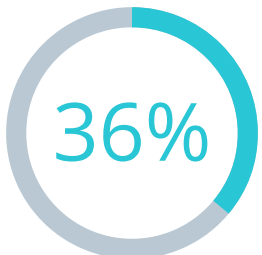


SUICIDE PREVENTION AWARENESS



Statistics

In 2022, suicide was responsible for approximately 1 death every 11 minutes.



Suicide rates increased between 2000-2022

In 2022, suicide was the second leading cause of death for people ages 10-14 and 25-34.

5 Action Steps For Helping Someone in Emotional Pain



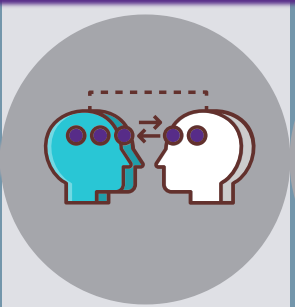
ASK

"Are you thinking about killing yourself?"



KEEP THEM SAFE

Reduce access to lethal items or places.



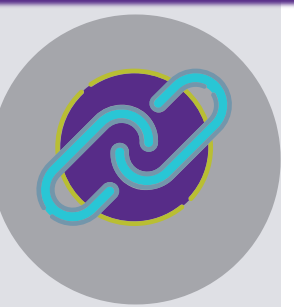
BE THERE

Listen carefully and acknowledge their feelings.



HELP THEM CONNECT

Call or text the 988 Suicide & Crisis Lifeline number.



STAY CONNECTED

Follow up & stay in touch.

FOR MORE INFORMATION



Contact your Wellness Coordinator
Jady Gentleman

(402) 479-5713
jady.gentleman@nebraska.gov