



Suicide & Self-Harm

Options for Care

Black women are more likely than Black men to commit suicide. Suicide is the 16th leading cause of death amongst Black Americans (Source: American Assoc. of Suicidology). Self-harm (injury) is a growing issue within the Black community and is particularly rising amongst Black youth. Suicide and self-harm behaviors don't just happen. Often they are signs and ways to get help before a self-harm act is carried out.

Here are options for people who are struggling with suicidal and self-harm thoughts:

Warning Signs of Suicidal Thought & Behaviors/ Self-Harm

There are is no single cause for suicide and self-harm.

Below are some warning signs for people who may be at risk:

- Talking about wanting to die or to kill oneself;
- Looking for a way to kill oneself;
- Talking about feeling hopeless or having no purpose;
- Talking about feeling trapped or being in unbearable pain;
- Talking about being a burden to others;
- Increasing the use of alcohol or drugs;
- Acting anxious, agitated, or reckless;
- Sleeping too little or too much;
- Withdrawing or feeling isolated;
- Showing rage or talking about seeking revenge; and
- Displaying extreme mood swings.
- (Source: SAVE)

Options for Care

- **Call 911 in emergency situations:** If you or someone you care about is in immediate danger of doing self-harm or attempting suicide, call 911 immediately.
- **Call or Text the Suicide Prevention Hotline: The Suicide Prevention Hotline and Text line are open 24/7. If you need to speak with a professional, call 1-800-273-8755**
- **Find a Therapist or Support Group:** Seeking professional help or peer support in a group setting can be supportive in healing. You can find a suicide or self-harm counselor at: <https://suicidepreventionlifeline.org/help-yourself/>
- **Create a Safety Plan:** Creating a safety plan for yourself or with a counselor is a great way to prevent self-harm and suicide. You can create a safety plan online at: <https://suicidepreventionlifeline.org/help-yourself/>
- **Expand Support Network:** Oftentimes people who partake in self-harm thoughts and behaviors feel like they are alone. Helping to expand one's support network of friends, family, and other community members can be a lifeline to those in need of support in their day-to-day life.