

LifeSolutions®

Suicide: Fostering Awareness and Hope



According to the Centers for Disease Control and Prevention, in 2022:

- 49,000 people died by suicide.
- Non-Hispanic American Indian and Alaska Native people and non-Hispanic White people had the highest rates.
- The suicide rate among males in 2022 was approximately four times higher than the rate among females. Males make up 50% of the population but nearly 80% of suicides.
- People ages 85 and older had the highest rates of suicide.¹

There's a helpful saying around the warning signs of suicidal behavior: **"IS PATH WARM?"** Each letter corresponds to a symptom that people considering suicide often exhibit:

- I — Ideation:** Talking about hurting or killing oneself.
- S — Substance abuse:** Excessive alcohol or drug use.
- P — Purposelessness:** Seeing no reason to live.
- A — Anxiety:** Agitated, anxious, unable to sleep, or sleeping all day.
- T — Trapped:** Feeling like there's no way out and resisting help.
- H — Hopelessness:** Acting as if there's no hope of change, and the future is bleak.
- W — Withdrawal:** Withdrawing from friends, family, and society.
- A — Anger:** Being consumed with uncontrolled anger or thoughts of revenge.
- R — Recklessness:** Engaging in risky activities or acting without thinking.
- M — Mood changes:** Dramatic mood swings.

If you or someone you love is struggling with suicidal thoughts, or if you have questions about accessing help, call LifeSolutions Employee Assistance Program at **800-647-3327**. A care manager—available 24 hours a day, 7 days a week—can answer your questions and help you find the resources you or your loved one needs to get help.

Additionally, the Suicide and Crisis Lifeline provides free and confidential emotional support. Individuals can text or call **988, 24/7/365**. Callers can remain anonymous if they choose.

LifeSolutions employee assistance program services are private and confidential. They are available to you and members of your household at no cost.

LifeSolutions is here to help.

lifesolutions@upmc.edu

800-647-3327 (TTY: 711)

To access our website, go to lifesolutionsforyou.com and login with your company code.

¹*Suicide Data and Statistics. July 18, 2024. Accessed August 22, 2024. <https://www.cdc.gov/suicide/facts/data.html>*

This information is not a substitute for professional care or your organization's policies. If you have or suspect you have an issue related to the material presented here, consult an appropriate professional.