



# SUICIDE

## IMPORTANT FACTS:

Persons age 65+ have the highest risk of suicide worldwide. In most cases, suicide is the result of **multiple factors** that create a sense of hopelessness.

The suicide rate for males is almost **4.5 times higher** than females. Nationwide, men account for an estimated **85% of suicides** among those age 65 and older.

An **estimated 20%** of elderly persons who commit suicide visited a physician within 24 hours of their act; 41% visited **within a week**; and 75% were seen by a physician **within one month** of their suicide.

In order of prevalence, **firearms, overdose and suffocation** are the three most common methods of suicide used by persons age 65+.

Approximately every **83 minutes**, one adult age 65+ commits suicide in the U.S.

### *What are suicide risk factors?*

- Recent loss** of a spouse, loved one or pet.
- Debilitating or **life-threatening** illness.
- Severe, chronic and/or **inescapable pain**.
- Loss of independence**, must rely on others.
- Diagnosis of **major depression**.
- Increased use of **alcohol, prescription drugs**.
- More prevalent in **men over the age of 65**.
- Statements about **death and suicide**.
- Sudden interest** in firearms.
- Social withdrawal or **elaborate goodbyes**.

<http://edis.ifas.ufl.edu/FY101>      [www.samhsa.gov](http://www.samhsa.gov)



OKLAHOMA MENTAL HEALTH & AGING COALITION

(405) 942-8500 ext. 122  
[www.omhac.org](http://www.omhac.org)

For crisis intervention call  
**Lifeline: (800) 273-TALK** or  
**Reachout Hotline: (800) 522-9054**

**Please seek help immediately if you or a loved one are expressing thoughts of suicide.**