



IMPORTANT FACTS:

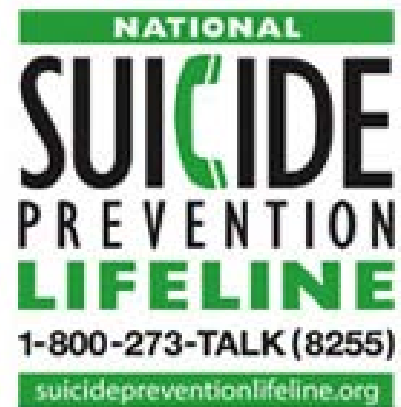
- Approximately **every 66 minutes**, an adult age 65+ dies by suicide in the U.S.
- **3 times** as many **men** take their own lives than women
- Older adults have the **highest rate** of suicide in Oklahoma and the second highest rate in the Nation
- **White males over 85** have the highest rate of suicide and that rate is 4X the general population rate
- Suicide is the result of **multiple factors** that create a sense of hopelessness; the top suicide circumstances for older Oklahomans of both sexes, are **depressed mood, physical health problem and mental health problem**
- Over 75% of older adult suicide is by **firearms**, followed by poisoning, overdoses and hanging

S U I C I D E

What are suicide risk factors?

- Depression
- Debilitating **physical health** problems; perceived **poor health**
- Poorly controlled **pain**
- **Loss** of independence or social isolation
- **Death** of a loved one
- Onset or increased use of **alcohol, meds**
- **Access** to firearms, other methods
- Helpless, **hopelessness**, worthlessness
- Feeling like a **burden**; not having a reason to live
- 4 D's of older adult suicide: **Depression, Debility, Disconnectedness and Deadly Means** (Dr. Yeates Conwell, URM)

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



 Recovery has no age limit.

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