

Suicide Resources

National Suicide Prevention Life Line
Are you in crisis? Please call **1-800-273-TALK**, or
760.577-6036

MCCS One Source Call 24/7
800.342-9647 or log on to www.militaryonesource.com

Suicide FAQs

What is the number one cause for suicide?
Untreated depression.

Why do people die by suicide?
Because they are in intense pain and they want the pain to stop.

I feel suicidal. What should I do?
Get help immediately.

How many people die by suicide each year in the U.S.?
Approximately 30,000.

How many people attempt suicide each year in the U.S.?
Approximately 750,000.

Is it true that more people die by suicide than by homicide?
Yes. More people die by suicide than by homicide.

Do most people who attempt suicide actually die by suicide?
No. It is estimated that 1 person out of 25 who attempt suicide die by suicide.

If I have thoughts of suicide am I abnormal?
No. Thoughts of suicide are extremely common. But if you have thoughts of suicide you should seek treatment immediately.

If I think about suicide does that mean that I will die by suicide?
No. The vast majority of people who think about suicide do not attempt suicide or die by suicide.

Are people that die by suicide weak?
No. Most people who die by suicide are very strong, but they have untreated depression.

Do young people ever die by suicide?
Yes. Suicide is the third leading cause of death for those aged 15 to 24.

Do children die by suicide?
Yes. Some children under the age of 10 die by suicide.

Does suicide make pain go away?
No. suicide compounds pain exponentially. All of the suicide survivors feel excruciating pain. And the person who died by suicide can no longer feel, and thus there is no relief from pain.

Does suicide solve problems?
No. Suicide causes many problems and never solves any of them.

I want to die by suicide. Which method should I use?

You shouldn't use any method. You should not die by suicide. Period. You need to get help if you are suicidal. Make appointments with a doctor and a therapist immediately.

Do some people who attempt suicide end up brain damaged? Yes. Many people who attempt suicide permanently damage their brains and oftentimes remain in a care facility for the rest of their lives.

I know someone who is suicidal. What should I do?

Get help for them immediately. Call **911** or call **760.577-6036**.

I feel depressed and suicidal. Can I treat myself?

No. You need professional treatment. Never try to treat yourself for depression or suicidal thoughts. Make appointments with a doctor and a therapist immediately.

I'm depressed and suicidal but I don't want to take antidepressants. Do I really need to take them?

Your doctor or psychiatrist will need to make that decision with you. Taking medicine for depression is no different than taking medicine for any other illness.