

Frequently Asked Questions about Suicide

Q: What is the number one cause for suicide?

A: Untreated depression.

Q: Why do people die by suicide?

A: Because they are in intense pain and they want the pain to stop.

Q: I feel suicidal. What should I do?

A: Get help immediately. Call family, a friend, 911 or a suicide hotline i.e., 1-800-273-TALK.

Q: How many people die by suicide each year in the U.S.?

A: Approximately 30,000.

Q: How many people attempt suicide each year in the U.S.?

A: Approximately 750,000.

Q: Is it true that more people die by suicide than by homicide?

A: Yes. More people die by suicide than by homicide.

Q: Do most people who attempt suicide actually die by suicide?

A: No. It is estimated that 1 person out of 25 who attempt suicide die by suicide.

Q: If I have thoughts of suicide am I abnormal?

A: No. The vast majority of people who think about suicide do not attempt suicide or die by suicide.

Q: Are people that die by suicide weak?

A: No. Most people who die by suicide are very strong, but they have untreated depression that they cannot deal with.

Q: Do young people ever die by suicide?

A: Yes. Suicide is the third leading cause of death for those aged 15 to 24.

Q: Do children die by suicide?

A: Yes. Some children under the age of 10 die by suicide.

Q: Does suicide make pain go away?

A: No. Suicide compounds pain exponentially. All suicide survivors feel excruciating pain. And since the person who died by suicide can no longer feel; there is no relief from pain.

Q: Does suicide solve problems?

A: No. Suicide causes many problems and never solves any of them.