

Depression & Suicide

Over 60% of all people who die by suicide suffer from major depression. About 2/3 of people who die by suicide are depressed at the time of their deaths.

- People who have a dependence on alcohol or drugs in addition to being depressed are at even greater risk for suicide.
- Depression affects nearly 10% of Americans ages 18 and over in a given year, or more than 19 million people.
- More Americans suffer from depression than coronary heart disease (7 million), cancer (6 million) and AIDS (200,000) combined.
- About 15% of the population will suffer from clinical depression at some time during their lifetime. 30% of all clinically depressed patients attempt suicide; half of them ultimately die by suicide.
- Individuals who have had multiple episodes of depression are at greater risk for suicide than those who have had one episode.
- Depression is among the most treatable of psychiatric illnesses. Some estimates suggest that between 80% and 90% of people with depression respond positively to treatment, and almost all patients gain some relief from their symptoms. But first, depression has to be recognized.

Individuals who are depressed and exhibit the following symptoms are at particular risk for suicide:

- Feeling hopeless
- Experiencing rage, uncontrolled anger, seeking revenge
- Acting reckless or engaging in risky activities, seemingly without thinking
- Feeling trapped – as if there's no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family and society
- Feeling anxious, agitated, unable to sleep or sleeping all the time
- Experiencing dramatic mood changes
- Expressing no reason for living; no sense of purpose in life



SUICIDE PREVENTION COUNCIL
of St. Joseph County and Surrounding Areas

**For more information visit our website at
www.sjsuicideprevention.com
or call (574) 220-6381.**

Crisis and Suicide Intervention

National HOTLINE

1-800-273-TALK

Local Help: Emergency Services

(877) 234-0061 toll free

(574) 234-0061 local

(operated by Madison Center)