



Suicide Facts and Warning Signs

Your Health.



Suicide Facts

- Suicide takes the lives of approximately 40,000 Americans per year.
- Over half of all suicides occur in adult men ages 25-65.
- Suicide rates in the United States are highest in the spring.
- Substance abuse is a risk factor for suicide.
- There are four male suicides for every female suicide, but three female attempts for each male attempt.

Warning Signs of Suicide

There are typical signs that a person is experiencing suicidal thoughts, such as:

- Talking about feeling hopeless or having no reason to live.
- Talking about wanting to die or kill oneself.
- Increased use of alcohol or drugs.
- Talking about being in unbearable pain or feeling trapped.
- Giving away belongings.

What to Do

A suicidal person needs to see a doctor or mental health professional. Some options:

- Dial 911.
- Call the National Suicide Prevention Hotline at 1-800-273-8255.
- Check yourself or a loved one into a hospital emergency room.
- Contact Chevron's [Employee Assistance and WorkLife Services](#) at CTN 925-842-3333 or 1-800-860-8205 for assistance with a variety of issues such as family or relationship concerns, personal or emotional difficulties.