

WE CAN PREVENT SUICIDE AND OVERDOSE TOGETHER

Suicide and overdose continue to harm our communities.

Suicide and overdose have threatened the health of our communities for decades. Since 1999, more than 790,000¹ people died by suicide and more than 840,000² people died by drug overdose. In 2019 alone:



12 million³ people considered suicide.



3.5 million³ people made a suicide plan.



47,500⁴ people died by suicide.



20.4 million³ people had a substance use disorder.



70,000² people died by drug overdose.

Suicide and overdose impact all aspects of our communities, including:



Grief after loss of community members.





We can protect our communities from suicide and overdose and prevent these negative health outcomes.

Now is the time to address the intersection of suicide and overdose.

Although suicide and overdose may present as two distinct health outcomes, a closer look at the root causes of each reveals that they share many of the same risk and protective factors.



RISK **FACTORS**

Risk factors are the conditions or qualities that increase the likelihood of negative health outcomes and endanger the population's health and well-being.

Access to opioids, poisons, firearms, and other

- lethal means Childhood trauma and adversity
- Economic hardship
- Incarceration
- Bullying and social isolation Discrimination and harassment
- Stigma around mental and behavioral health
- Barriers to accessing healthcare



outcomes and improve the population's overall health and well-being. Stable employment

PROTECTIVE

- Stable housing
- Community connectedness
- Safe, supportive, and inclusive environments
- Access to healthcare
- Early detection and treatment of mental and behavioral health disorders

communities from suicide and overdose. Many stakeholders can address the risk factors and support the protective factors within

All stakeholders can play a role in protecting our

our communities and systems.

HEALTHCARE SYSTEM



behavioral health providers

BUSINESS AND

PRIVATE ENTERPRISE

MEDIA AND JOURNALISM

EDUCATION SYSTEM

School boards, parent-

teacher associations, and

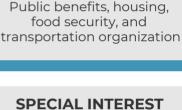
higher education



Workers

SOCIAL SERVICES

SYSTEM





JUSTICE SYSTEM



and corrections

NEIGHBORHOODS AND

COMMUNITIES





GROUPS

Incorporating the voices of communities that are at increased risk for both outcomes will help ensure efforts

of Color



to prevent suicide and overdose are appropriate, effective, and inclusive. Construction and Extraction Healthcare Communities

Workers



Together, we can implement a comprehensive approach to preventing these negative health outcomes by providing communities with resources that promote health, encourage connection, and foster well-being. **NEIGHBORHOOD ECONOMIC STABILITY**

AND COMMUNITY **AND SUPPORTS**

security. • Ensure housing stabilization. • Improve <u>food security</u>. • Coordinate affordable and

• Strengthen household financial

- reliable transportation. • Enact workplace anti-
- discrimination policies. • Promote <u>family-friendly work</u>

culture.

- Invest in high-quality, affordable child care.

• Invest in high-quality, affordable education for children. • Invest in mentoring, skill-

- emotional learning programs for children. • Enact anti-bullying, anti-
- gender identity and sexual orientation. Invest in <u>gay-straight alliances</u>.
- **EDUCATION** building, and social and discrimination, and safe schools legislation that are inclusive of

visitation programs. Organize community engagement activities.

 Reduce access to opioids, poisons, firearms, and other

• Invest in <u>early childhood home</u>

- lethal means. Promote mental health and
- substance use awareness and education campaigns.
- HEALTHCARE • Provide representative, identityaffirming evidence-based

services.

overdose.

substance use disorders. Train providers on the intersection of suicide and

• Enforce equal health insurance

coverage of mental health and

behavioral health providers in school and community settings. Support medical and mental

Increase the number of

suicide death occurs.

• Provide postvention care after a

health loan repayment programs.

Contact us to discuss how we can prevent

suicide and overdose together.



