

SAMHSA NATIONAL PREVENTION WEEK

MAY 18-24

National Prevention Week is a SAMHSA-supported annual health observance dedicated to increasing public awareness of, and action around, substance abuse and mental health issues. National Prevention Week 2014 is about Our Lives. Our Health. Our Future. We'll be highlighting the important role each of us has in maintaining a healthy life and ensuring a productive future.

Help Prevent Suicide in Our Community – It's Our Health, Our Future

In 2011, suicide accounted for more than 38,000 deaths in the United States, claiming the life of someone approximately every 14 minutes.^{1,2} While suicide can occur across people of all ages, genders, ethnicities, and backgrounds, certain groups are more at risk than the general population. Statistics compiled by the Substance Abuse and Mental Health Services Administration (SAMHSA) highlight three disproportionately affected groups—young adults, individuals experiencing substance use issues in the past year, and American Indian/ Alaska Natives. In 2012:

- The percentage of adults having serious thoughts of suicide was highest among young people aged 18 to 25 (7.2 percent).
- 2.6 million adults aged 18 or older with substance dependence or abuse had serious thoughts of suicide in the past year.
- American Indian/Alaska Natives were more likely than other racial/ethnic groups to have serious thoughts of suicide in the past year.³

Everyone, including family members, friends, teachers, caregivers, and local organizations, can influence suicide prevention efforts within the community. From learning the warning signs for suicide and ways to interact with someone with suicidal thoughts, to organizing trainings on intervention skills for key caregivers and educators, to expanding suicide awareness in the workplace— everyone can take action.

1 Centers for Disease Control and Prevention (CDC). (2012). Deaths: Preliminary Data for 2011. *National Vital Statistics Report*, 61(6). Retrieved November 19, 2012, from http://www.cdc.gov/nchs/data/nvsr/nvsr61/nvsr61_06.pdf.

2 Centers for Disease Control and Prevention (CDC). (2010). Web-based Injury Statistics Query and Reporting System (WISQARS) (Online). Available from <http://www.cdc.gov/injury/wisqars/index.html>. As cited in Centers for Disease Control and Prevention (CDC). (2012). Suicide: Facts at a Glance. Retrieved October 3, 2013, from http://www.cdc.gov/violenceprevention/pdf/Suicide_DataSheet-a.pdf.

3 Substance Abuse and Mental Health Services Administration. (2013). *Results from the 2012 National Survey on Drug Use and Health: Mental Health Findings*. NSDUH Series H-47, HHS Publication No. (SMA) 13-4805. Rockville, MD: Substance Abuse and Mental Health Services Administration. Retrieved March 17, 2014, from http://www.samhsa.gov/data/NSDUH/2k12MH_FindingsandDetTables/2K12MHF/NSDUHmhfr2012.htm.

FOR MORE INFORMATION VISIT:
<http://beta.samhsa.gov/prevention-week>