

*Talking*  
is the  
first  
step to  
preventing  
suicide



American  
Foundation  
for Suicide  
Prevention

**94 %**

**of adults surveyed in the  
United States think  
suicide can be prevented.**

— [SuicidePreventionNow.org](https://SuicidePreventionNow.org)

**Suicide is the**

**11<sup>th</sup>**



**leading cause of death  
in the United States.**

**We can prevent  
suicide by *talking*  
about it directly  
when someone is  
struggling.**

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*Talk  
away  
the  
dark*



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