

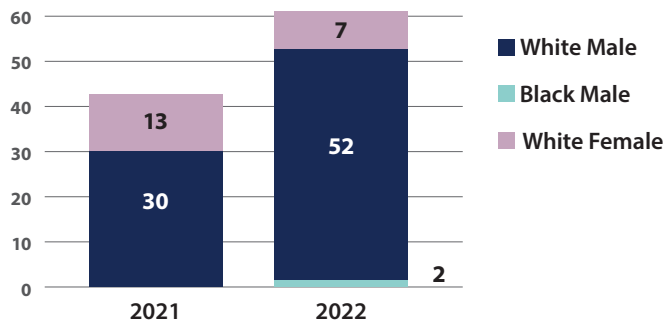
SUICIDE is Preventable

YOU CAN MAKE A DIFFERENCE

Suicide in Lee County is increasing, especially for men ages 65 and older.

This worrying trend highlights the need for better connection between those struggling in silence and the support services available in the community. You can help prevent suicide by assisting your clients in making those critical connections to the support they need.

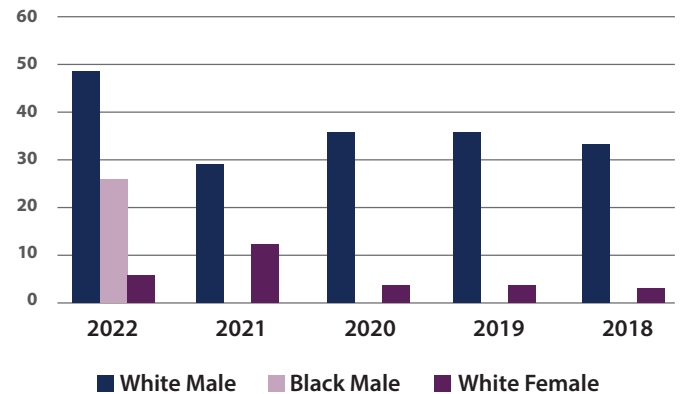
Lee County Deaths by Suicide, Age 65 and Older



2021, Total Deaths = 43 2022, Total Deaths = 61

Suicide deaths of Black women did not occur during these years in this age group.

Lee County Deaths by Suicide, Age 65 and Older, Rate Per 100,000 Population



Suicide deaths of Black women did not occur during these years in this age group.

Recognizing warning signs, identifying and minimizing risk factors, and providing a linkage to resources, can significantly lower the risk.

Warning Signs and Risk Factors

- Substance use, particularly when mixing alcohol and medications
- Depression and feelings of hopelessness
- Physical illness, pain, and medical conditions that affect daily functions and quality of life
- Social isolation or the loss of a loved one
- Having a family history of mental health challenges

Starting a conversation is the first step towards a more hope-filled future for your clients that may be in an emotional crisis. By fostering connection and understanding, you can ensure that they have access to the help they need and build a stronger, more supportive community.

Resources for Help

Assistance is FREE, confidential, and available 24/7.

211 Network
Call 211,
or visit 211.org

988 Florida Lifeline
Call or text **988**, or visit
988LifeLine.org

Visit FLHealthCHARTS.gov
for additional community health
assessment data.



**Florida
HEALTH**