

# SUICIDE *is Preventable*

Suicide affects individuals of all ages and has lasting harmful impacts on families and communities. Suicide is rarely caused by a single circumstance or event, but is typically as a result of a combination of factors. Lee County has been experiencing an increase of suicide in our senior community.

Everyone can help prevent suicide and promote emotional health. Learning to identify and minimize risk factors and accessing resources that promote resilience, can significantly lower the risk of those wanting to inflict self-harm.

Overall, men have higher rates of suicide, however it happens to all ages. Some of the risk factors can include substance abuse, excessive alcohol consumption, depression and feelings of hopelessness, social isolation, and recent loss.

If you or anyone you know are experiencing any of these indicators, get help right away.



## Ways to Prevent Suicide and Strengthen Resilience

Protective factors are characteristics or experiences that make someone less likely to consider suicide. Building resilience, especially emotional resilience, involves fostering protective factors that help individuals cope with stress and adversity. These include:

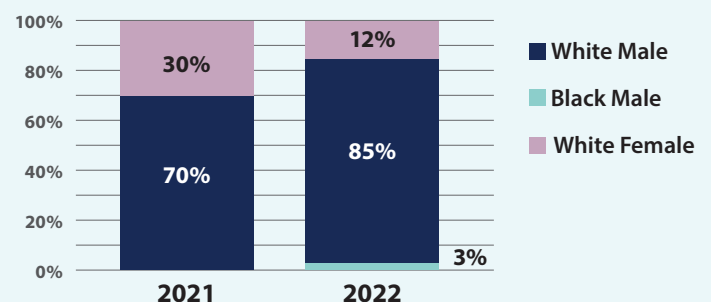
- Developing and maintaining strong social support networks (family, friends, community)
- Learning positive coping skills, such as exercise, mindfulness, healthy communication
- Identifying a sense of purpose and meaning in life
- Knowing how to access to quality mental health care

By fostering a connection and understanding, we can ensure that everyone has access to the help they need and build a stronger, more supportive community.

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.

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.*

## Get Help Now

If you or someone you care about is in emotional distress, get help now.  
It's FREE, confidential, and available 24/7.

**211 Network**  
Call 211,  
or visit [211.org](https://211.org)

**988 Florida Lifeline**  
Call or text **988**, or visit  
[988LifeLine.org](https://988LifeLine.org)



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