

Suicide

Facts & warning signs for law enforcement officers

10th leading cause of death in the U.S.

Average age of an officer that died by suicide in 2016 was 42

Average years on the job: 17

RISK FACTORS



Alcohol or Substance Disorder



Impulsive and/or aggressive



Loss of relationships



Easy access to lethal means



Talking about Death or Suicide

WARNING SIGNS

Feeling of hopelessness

Feeling like a burden

Feelings of inescapable pain

RESOURCES

Counseling

Peer groups

EAP



WHO CAN HELP?



National Suicide Prevention Lifeline: 1-800-273-8255