Suicide

Facts & warning signs for law enforcement officers

10\textsuperscript{th} 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