

# September Suicide Prevention Awareness Month

Suicide is a leading cause of death in the United States. The most recent full-year CDC data for 2019 reflects suicide as the tenth leading cause of death overall, claiming over 47,500 US lives; the second leading cause of death for individuals aged 10-34; and the fourth leading cause of death for individuals aged 35-44.<sup>1</sup> In 2019, the suicide rate for males was 3.7 times higher than for females; and was highest among American Indian individuals (44.5 per 100,000) and White individuals (37.8 per 100,000), followed by Black or African American individuals (15.3 per 100,000), Asian/Pacific Islander individuals (15.2 per 100,000) and Hispanic individuals (14.3 per 100,000).<sup>1</sup> The rate of suicide in the US has increased 32.4% from 1999 to 2019.<sup>1</sup>

Since COVID-19 began, suicidal ideation in the US has more than doubled, with younger adults, racial/ethnic minorities, essential workers and unpaid adult caregivers experiencing disproportionately worse effects.<sup>2</sup>

For Suicide Prevention Awareness Month in September and throughout the year, Magellan Healthcare is committed to addressing the public health crisis of suicide through awareness, empowerment and action. We encourage you to learn more through the events and resources on this page, and share with family, friends and colleagues.

If you or someone you know is having thoughts of suicide, call 911 or contact a suicide hotline:

- National Suicide Prevention Lifeline (1-800-273-8255)
- Crisis Text Line (text HOME to 741741)

## Events in September

- **Stamp Out Stigma Twitter chat on suicide prevention with Magellan Healthcare co-host, Rakel Beall-Wilkins, MD, MPH, Thurs., September 9, 2:00 – 3:00 p.m. ET**
  - Follow @StampStigma and use #SOSChat to join the conversation and participate.
- **Magellan Health webinar, “Taking action to prevent suicide,” with moderator, Caroline Carney, MD, MSc, FAPM, CPHQ, Magellan Health chief medical officer; and presenters, Rakel Beall-Wilkins, MD, MPH, and Jamie Hanna, MD, Magellan Healthcare medical directors, Tues., September 21, 2:00 – 3:00 p.m. ET**
  - Visit [here](#) for more info. and free registration.
- **Stay Home for MY LIFE (Magellan Youth Leaders Inspiring Future Empowerment) virtual youth fest on suicide prevention, Thurs., September 23, and the fourth Thursday of every month, 6:00 – 7:30 p.m. ET**
  - Take part in this fun and inspirational event for youth who have experience with mental health, substance use, juvenile justice and foster-care-related issues.
  - Register for free [here](#), and visit the MY LIFE Facebook page [here](#) for more info. and updates.
- **Magellan Healthcare eMpowered for Learning webinar, “The intersection between trauma and suicidality: Basics for building trauma-informed peer relationships,” with Cheryl S. Sharp, MSW, ALWF, Sharp Change Consulting, Inc. CEO, Tues., September 28, 2:00 – 3:30 p.m. ET**
  - Register for free [here](#), and check the Magellan eLearning Center [here](#) for info. on continuing credits.

## Information and resources

- Visit our [Suicide Prevention Awareness Month webpage](#) for updates, downloads and more.
- Follow us on [LinkedIn](#), [Twitter](#) and our MY LIFE [Facebook](#) page for more info. and tools.
- Check out our Magellan Health Insights [blog](#) for posts in September and beyond.

<sup>1</sup> <https://www.nimh.nih.gov/health/statistics/suicide>

<sup>2</sup> <https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm>