

2022 September Suicide Prevention Awareness Month and Recovery Month

Suicide claimed the lives of almost 46,000 people in the United States in 2020.¹ It is the second leading cause of death for children aged 10–14 and adults aged 35–44, and the third leading cause of death for young people aged 15–24.¹ From 2004 to 2020, the prevalence of depression among children has increased 89%.² The prevalence of mental health conditions among adults has increased 19% from 2008 to 2020.³ Of individuals aged 12 or older in 2020, 14.5% had a substance use condition.⁴ Of those who have a substance use condition, 25% commit suicide.⁵ Over 50% of deaths by suicide are associated with dependence on drugs and alcohol.⁵

During September and throughout the year, Magellan Healthcare is committed to increasing awareness about the signs of suicide in yourself and others and the importance of speaking up when help is needed. People can and do recover from mental health and substance use conditions and anything that may be contributing to suicidal thoughts, going on to live happy, vibrant lives. We encourage you to learn more through the resources on this page, and share with family, friends and colleagues.

If you or someone you know is experiencing a mental health or substance use crisis, call or text 988, or chat (988lifeline.org), 24/7 with the 988 Suicide and Crisis Lifeline for free and confidential support.

Magellan Healthcare webinars

"What I would tell my younger self: Conversations about hope, recovery and the "S" word"

Wednesday, September 14, 3:00–4:00 p.m. ET

- Visit [here](#) for more information and free registration

"The role of mental health recovery in suicide prevention"

Thursday, September 22, 2:00–3:00 p.m. ET

- Visit [here](#) for more information and free registration

Additional information and resources

- Visit MagellanHealthcare.com/Prevent-Suicide and MagellanHealthcare.com/Recovery for event updates, downloads and more.
- Follow us on [LinkedIn](#), [Twitter](#) and [Facebook](#) for more information and tools.
- Check out our Magellan Health Insights [blog](#) for posts in September and beyond.

¹ [National Institute of Mental Health, "Suicide" information](#)

² [2020 National Survey of Drug Use and Health Youth Mental Health Trend Tables](#)

³ [2020 National Survey of Drug Use and Health Adult Mental Health Trend Tables](#)

⁴ [2020 National Survey of Drug Use and Health Substance Use Disorder and Treatment Tables](#)

⁵ [Journal of Addictive Diseases, "Suicide Risk Associated with Drug and Alcohol Dependence"](#)