

Suicide Warning Signs

Description

Warning Signs

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<https://www.7ec20a7ecb.com/2017/09/warning-signs/>

It has been said that suicide is a permanent solution to a temporary problem.

Like a lot of Alaska superlatives, the high rate of Alaska suicides was impressed upon some of us growing up in high-risk social circumstances. We were told by teachers and counselors that many people in Alaska have “issues” that could be so profound as to cause them to want to harm themselves. It wasn’t as much of a concern when I was in elementary and junior high school in Anchorage, but when my family moved to the bush, we found the reality of suicide in Alaska was not being exaggerated. It is a longstanding serious problem for small communities.

Today Alaska maintains one of the highest rates of suicide in the country.

The problem is so bad we have a Statewide Suicide Prevention Council. They publish information collected by the Alaska Bureau of Vital Statics. Collecting and distributing this data is necessary to bring awareness to the high rate of suicide in Alaska. It is nearly double what it is in the rest of the country. In the U.S. the suicide rate was 12.57 suicides per 100,000 population in 2013. In 2014 Alaska’s rate was 22.3 suicides per 100,000 people.

During 2014, 82.6% of suicides in Alaska were men, 17.4% were women. Alaska Native males died by suicide at a rate of 50.9 suicides per 100,000 people, which is nearly four times the national average!

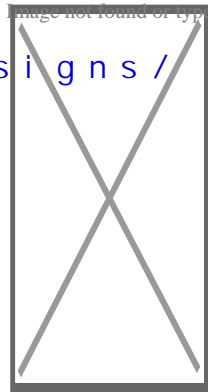
A troubling reality

More than 90 percent of people who die by suicide have depression or other diagnosable, treatable mental or substance abuse disorder and an estimated 75 percent exhibit suicide warning signs.

[//dhss.alaska.gov/SuicidePrevention/Documents/pdfs_sspc/AKSuicideStatistics2015.pdf](https://dhss.alaska.gov/SuicidePrevention/Documents/pdfs_sspc/AKSuicideStatistics2015.pdf)

But those are just numbers; which do not show the profound effect and heartache suffered by the people left behind after a loved one has killed him or herself.

What can we do?



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