



NEW YORK STATE SENATOR

James Sanders Jr.

Today on National Suicide Awareness Day, Senator Sanders Encourages Those Who are Thinking About Taking Their Own Lives to STOP and Seek Help Immediately

[James Sanders Jr.](#)

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In recognition of World Suicide Prevention Day, State Senator James Sanders Jr. (D-Queens) encourages anyone who is thinking about hurting themselves or taking their own lives, to stop and seek help immediately.

"Sometimes we can be so overwhelmed by pain and despair that we think suicide is the only way out," Sanders said. "We may even wonder whether our life makes a difference in the world. However, it is during those times that we must turn to our family, our friends, our faith and perhaps even the advice of a medical professional, before we make a mistake we can't take back. Every life is precious and has value. No matter how bad things may seem at the moment, there is a way to heal and move on, and maybe over time find ourselves stronger than before."

Each year 44,965 Americans commit suicide according to the American Foundation for Suicide Prevention, making it the 10th leading cause of death in the United States. For each successful suicide, there are 25 non-fatal attempts. In 2016, the highest suicide rate was among adults between the ages of 45 and 54, the AFSP reports.

Some signs that someone is contemplating suicide, according to AFSP, are:

If a person talks about:

Killing themselves

Feeling hopeless

Having no reason to live

Being a burden to others

Feeling trapped

Unbearable pain

People who are considering suicide often display one or more of the following moods:

Depression

Anxiety

Loss of interest

Irritability

Humiliation/Shame

Agitation/Anger

Relief/Sudden Improvement

Behaviors that may signal risk, especially if related to a painful event, loss or change:

Increased use of alcohol or drugs

Looking for a way to end their lives, such as searching online for methods

Withdrawing from activities

Isolating from family and friends

Sleeping too much or too little

Visiting or calling people to say goodbye

Giving away prized possessions

Aggression

Fatigue

There are places you can go to for help:

<https://suicidepreventionlifeline.org/>

<https://afsp.org/find-support/resources/>

<http://samaritansnyc.org/>