

Suicide Risks in Older Adults

Nationally, 15 older adults die by suicides each day. That's one senior suicide every 95 minutes.

Americans over the age of 65 have the highest rate of suicide of any age group. Men account for 85% of those suicides. (NAMI NH)

The majority of older adults who die by suicide had been seen recently by their primary doctor:

- 20 percent had been seen by their doctor within 24 hours of their suicide
- 41 percent had been seen by their doctor within a week of their suicide
- 75 percent had been seen by a physician within a month of their suicide (Illinois Department of Health)

Organizations like the American Psychological Association recognize that, "late-life events such as chronic and debilitating medical disorders, loss of friends, and loved ones and the inability to take part in once-cherished activities can take a heavy toll on an aging person's emotional well-being." Consequently, older adults may suffer from grief, feelings of fear/anxiety, burdensomeness, and ultimately depression, a major risk factor for suicide attempts.

The fact is, however, that depression is treatable and there are many evidence-based treatment options available.

Other Risk Factors may include:

- Divorce, widowhood, or single status
- Financial instability
- Retirement for those who have few other interests
- Persistent insomnia
- Marked feelings of guilt, inadequacy, and burdensomeness to others
- Feeling empty, hopeless or having no sense of purpose
- Estrangement from family and friends
- Social isolation
- Delirium
- Agitation
- Alcohol and/or other substance misuse problems (including prescription medications)
- Life-changing physical disorder
- Painful, debilitating, and/or terminal illness
- Threat of extreme dependency or institutionalization

Should you recognize any of these risk factors in yourself or your loved ones, let someone close to you know, including your primary care physician.



The Mental Health Center of Greater Manchester has resources, programs and services that are geared towards meeting the needs of older adults.

We also have a **Mobile Crisis Response Team** who will respond to crisis situations in the community , provide assistance and coordinate appropriate services for treatment.

To reach the Greater Manchester Mobile Crisis Response Team (MCRT) dial **1-800-688-3544**.

Master level Clinicians and Peer Specialists are available 24 hours a day, 7 days a week.



If you or someone you know is in danger, **take action** by calling 911 or an ambulance immediately. **Do not leave the person unattended**, even briefly.

If you or someone you know is having thoughts of dying, please
call our Mobile Crisis Response Team at:
(800) 688-3544
or the National Suicide Prevention Lifeline:
(800) 273-8255



Bedford Counseling Associates

www.bedfordcounseling.org



The Mental Health Center of Greater Manchester

www.mhcgm.org

Everyone plays a role in Suicide Prevention #bethere