

Suicide and Older Adults RESOURCES

Older adults are at the highest risk for death by suicide, particularly white males over the age of 85. Reasons for this include the fact that older adults typically use more lethal means, such as firearms, have less impulsivity and typically plan more carefully to end their lives, and are less physically resilient. In addition, older adults are less likely to share their suicidal thoughts with others and are often socially isolated, thus reducing their chances of getting help. To increase awareness and knowledge on this critical topic, the E4 Center has compiled some excellent fact sheets and resources below.



- ▶ [Suicide and Older Adults: What You Should Know - National Council on Aging \(NCOA\)](#)
- ▶ [Suicide Prevention Awareness Month - National Alliance on Mental Illness \(NAMI\)](#)
- ▶ [Older Adults: Depression and Suicide Fact Sheet – National Institute of Mental Health \(NIMH\)](#)
- ▶ [Suicide Prevention: Suicide and Older Adults - Illinois Department of Public Health](#)
- ▶ [Fostering Connection and Belonging to Prevent Suicide Among Older Adults – Administration for Community Living \(ACL\)](#)
- ▶ [Depression and Suicide in Older Adults – American Psychological Association \(APA\)](#)
- ▶ [Older Adults and Suicide - Suicide Prevention Research Center \(SPRC\)](#)
- ▶ [Preventing Suicide in Older Adults – Mental Health America \(MHA\)](#)
- ▶ [Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Centers – Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)
- ▶ [988 Suicide and Crisis Hotline](#)

Check out these additional resources from the E4 Center:

- ▶ [Educational Modules: Older Adults in Crisis: Call Center Resources](#)
- ▶ [Webinar: Suicide in Later Life: Clinical and Public Health Perspectives](#)
- ▶ [Hot Topics Newsletter: Suicidality in Older Adults](#)