

Are you the one person to  
help prevent a suicide?



*It Only Takes One* is a suicide prevention public awareness campaign funded by the Illinois Department of Public Health and operated by Mental Health America of Illinois.

*It Only Takes One* was developed to help create an Illinois where no one is touched by suicide.

Don't be afraid to ask about suicide.  
Encourage others to get help.

To learn more, please visit  
[www.itonlytakesone.org](http://www.itonlytakesone.org).

Remember... ***It Only Takes One.***

**Suicide Prevention Lifeline at**

**800.273.TALK**



# Did You Know...?

- Every 17 minutes a person dies by suicide; 86 people take their own life each day; and another 1,500 attempt suicide in the United States.
- More than 1,000 Illinoisans die each year by suicide, which exceeds the number of deaths from homicide, HIV/AIDS or deaths by impaired driving.
- Approximately 6 immediate family members and close friends are dramatically affected by each suicide death.
- Suicide rotates between the second and third leading cause of death for adolescents in Illinois.

Sources: American Association of Suicidology, IL Dept of Public Health, Center for Health Statistics, Suicide Prevention Resource Center

## Suicidal Signs and Behaviors:

- ✿ Symptoms of depression.
- ✿ Expressions of hopelessness, helplessness and desperation.
- ✿ Increased alcohol and substance use.
- ✿ Expressing no reason for living; no sense of purpose in life
- ✿ Statements revealing a desire to die.

## Remember...

***It Only Takes One.***