

Stop Adult Suicide

BY THE STATEWIDE OFFICE OF SUICIDE PREVENTION, FLORIDA OFFICE OF DRUG CONTROL

Clinical depression has become one of America's most costly illnesses. Left untreated, depression is as costly as heart disease and AIDS to the U.S. economy, costing over \$43.7 billion in absenteeism from work (over 200 million days lost from work each year), lost productivity, and direct treatment costs. Depression tends to affect people in their prime working years (25-65) and may last a lifetime if untreated. More than 80 percent of people with clinical depression can be treated. With early recognition, intervention, and support, most people can overcome clinical depression and pick up where they left off (Mental Health America).

While suicide is a leading cause of death among teens and experiences its highest rate among elders, the highest toll in terms of absolute numbers as well as the percent overall falls on working aged adults, particularly adult males. Suicide is the second leading cause of death among adults ages 25-34 (cdc.gov) and more than half of all suicides in the nation occur in adult men between the ages of 25 and 65 (Weyrauch & Scallet, 2002). While females attempt suicide three times as often as males, males die by suicide at a rate four times that of females (nimh.nih.gov).

No two people experience clinical depression in the same manner and symptoms will vary in severity and duration. Symptoms include: persistent, sad, anxious or "empty" mood; sleeping too little, early morning wakening, or sleeping too much; reduced appetite and/or weight loss, or increased appetite and weight gain; loss of interest in activities once enjoyed, including sex; restlessness, irritability; persistent physical symptoms (such as headaches, chronic pain, or digestive disorders); difficulty concentrating, remembering or making decisions; fatigue or loss of energy, feeling guilty, hopeless or worthless, thoughts of suicide or death (Mental Health America).

Most adults spend the majority of their time at work and have a social network within the workplace, but are afraid to reach out for help because they fear it will affect their job.

Suicide is the second leading cause of death among adults.

If you know someone who is experiencing the symptoms of clinical depression or thinking about suicide, there is help available:

- National Suicide Prevention Lifeline
1-800-273-TALK
- National Alliance for the Mentally Ill
1-800-950-NAMI
- National Depression Screening Project
1-800-520-6373
- DEPRESSION/Awareness,
Recognition, and Treatment Program
1-800-421-4211
- Call your doctor.

