



# Death by Suicide in Agricultural Communities

Suicide is a leading cause of death in the United States. The effects of suicide go beyond the person who died by suicide; it can have a lasting effect on family, friends, and communities.

## WARNING SIGNS

- Talking about suicide and history of suicide of family member or friend.
- Changes in sleep and/or eating patterns.
- Stopped taking medication as prescribed or hoarding medication.
- Increased use of drugs or alcohol.
- Preoccupation with death.
- Giving away possessions.
- Obtaining firearms.
- Withdrawing from family, friends, and routines that were pleasurable.
- Talking about being a burden to others.
- Feeling trapped – like there is no way out.
- Talking about being in unbearable pain.

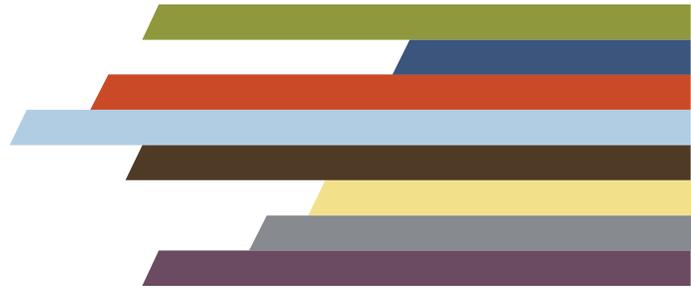
## FAST FACTS

- Almost 90% of people who die by suicide have an underlying, and potentially treatable, mental health condition.
- The most recent death by suicide rate for men in the category of farmers, ranchers, and other managers was 32.2 deaths by suicide for every 100,000 working aged adults compared to only 17.3 deaths by suicide for all occupations.
- Suicide is related to brain functions that affect decision-making and behavioral control, making it difficult for people to find positive solutions.
- Limiting a person's access to methods of death by suicide dramatically decreases suicide rates in communities.

## RESOURCES

- National Suicide Prevention Lifeline at 1-800-273-8255
- Farm Aid Hotline at 1-800-FARM-AID (327-6243)
- Crisis Text Line: Text HOME to 741741
- National Alliance on Mental Illness (NAMI) at 1-800-950-6264 or email [info@nami.org](mailto:info@nami.org)

## LOCAL RESOURCES OR CONTACT INFORMATION



# ***SAMHSA***

Substance Abuse and Mental Health  
Services Administration

**These materials were developed by the Mountain Plains MHTTC, Mid-America MHTTC, and the Mid-America ATTC for use by extension offices and other rural organizations to support community mental health efforts. Inserting local contact information and resources is encouraged; however, any co-branding efforts, such as adding organization logos, must adhere to TTC Network branding and style guidelines. For more information, please contact [mountainplains@mhttcnetwork.org](mailto:mountainplains@mhttcnetwork.org).**

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Mid-America (HHS Region 7)

## MHTTC

Mental Health Technology Transfer Center Network  
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Mountain Plains (HHS Region 8)

## MHTTC

Mental Health Technology Transfer Center Network  
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Mid-America (HHS Region 7)

## ATTC

Addiction Technology Transfer Center Network  
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