

SUICIDE PREVENTION & AWARENESS

Eufaula City Schools | Mental Health & Student Support Resource | Updated August 2026

**NEED HELP NOW?
CALL OR TEXT
988**

988 Suicide & Crisis Lifeline
Free, confidential support available 24/7/365.
Call, text, or chat with a trained crisis counselor.
You do not have to be suicidal to reach out.

Why Suicide Prevention Matters

Suicide is a serious public health problem that affects individuals, families, schools, and communities. Suicide is preventable. Increasing connection, strengthening protective factors, recognizing warning signs, and connecting people with appropriate support can save lives.

Latest U.S. Suicide Data

48,824 suicide deaths in the U.S. in 2024	14.3 million adults seriously thought about suicide in 2024	2.2 million adults attempted suicide in 2024
4.6 million adults made a suicide plan in 2024	10th leading cause of death in the U.S. in 2024	837 suicide deaths in Alabama in 2024

Note: These are the latest finalized annual national data available from the CDC. Alabama's 2024 age-adjusted suicide death rate was 15.9 per 100,000 population.

Know the Warning Signs

- **Talking about:** wanting to die, feeling hopeless, being a burden, or experiencing unbearable emotional pain.
- **Behavior changes:** withdrawing from friends or activities, giving away important belongings, increased substance use, or unusual agitation or mood changes.
- **Situational changes:** warning signs that are new, increasing, or connected to a painful event, loss, or major change deserve attention.

Risk Factors & Protective Factors

Factors that can increase risk

- Previous suicide attempt
- Depression or other mental health concerns
- Bullying, violence, abuse, or significant loss
- Social isolation or relationship conflict
- Substance misuse
- Financial, legal, health, or other major stressors

Factors that can protect

- Supportive relationships and connectedness
- Access to physical and mental health care
- Positive school, family, and community connections
- Coping and problem-solving skills
- Hope, belonging, safety, and a sense of purpose
- Supportive adults who listen and follow up

How You Can Help

- 1. Notice.** Pay attention to significant changes in mood, behavior, or circumstances.
- 2. Ask.** Talk openly and calmly. Let the person know you care and are willing to listen.
- 3. Connect.** Encourage support from a trusted adult, school counselor, mental health professional, family member, or another trusted person.
- 4. Take immediate concerns seriously.** If someone is in immediate danger, call 911 or go to the nearest emergency department. For crisis support, call or text 988.

FOR STUDENTS & FAMILIES

If you are concerned about yourself or someone else, please tell a trusted adult or contact your school counselor. You do not have to handle a difficult situation alone.

Additional Resources

988 Suicide & Crisis Lifeline: Call or text 988 or visit 988lifeline.org

Emergency: Call 911 or go to the nearest emergency department if there is immediate danger.

CDC Suicide Prevention: cdc.gov/suicide

Sources: Centers for Disease Control and Prevention (CDC), Suicide Data and Statistics (updated May 20, 2026); CDC/National Center for Health Statistics, 2024 mortality data; CDC, About Suicide Prevention (May 7, 2026); 988 Suicide & Crisis Lifeline, Get Help and Help Someone Else. Prepared for educational and awareness purposes. This resource is not a substitute for professional medical or mental health care.