

# Suicide among the Elderly

There is an average of one suicide among the elderly every 1 hour and 39 minutes.



Suicide knows no age boundaries. When we lose our elderly to suicide, we lose their generations of experience and knowledge. There are a number of risk factors that are most common among the elderly including increased social isolation and a higher prevalence of depression. The elderly more frequently use highly lethal methods.

## Risk Factors for Suicide among the Elderly

- The recent death of a loved one.
- Physical illness, or the fear of a prolonged illness.
- Perceived poor health.
- Chronic pain.
- Financial crisis.
- Social isolation and loneliness.
- A history of violence or hostility.
- Major changes in social roles—retirement or change in family role.

## Warning Signs:

- Talking about suicide, death, and/or preoccupation with dying.
- Sense of hopelessness; feeling as though it wouldn't matter if they die.
- Withdrawing from friends and social activities.
- A recent, severe loss (especially a relationship), or threat of a significant loss.
- Drastic changes in behavior.
- Loss of interest in previously enjoyed activities.
- Giving away or not caring for prized possessions.
- Have attempted suicide before.
- Drastic changes in behavior.
- Loss of interest in personal appearance or hygiene.
- Increased use of alcohol or drugs.
- Unwilling to "connect" with potential helpers.

## RESOURCES

### Crisis Hotline (toll-free 24-hour):

**877-695-NEED or 877-695-6333**

### Solutions Community Counseling & Recovery Centers

- |                                 |              |
|---------------------------------|--------------|
| • Lebanon (975A Kingsview Dr.)  | 513-228-7800 |
| • Lebanon (204 Cook Rd.)        | 513-934-7119 |
| • Springboro (50 Greenwood Ln.) | 937-746-1154 |
| • Mason (201 Reading Rd.)       | 513-398-2551 |
| • Wilmington (953 S. South St.) | 937-383-4441 |

### Talbert House—Warren Outpatient (759 Columbus Ave.)

513-932-4337

### Elderly Services

Warren County Elderly Services 513-695-2271  
Clinton County Elderly Services 937-382-7170



**Intervention provides hope and assistance.**

**You can find help.**

**Know the signs of someone who is at risk.**

***Seek help!***

**There are several local resources and agencies that offer free or sliding fee services.**