

# Suicide and the Elderly

Elderly suicides make up 18% of all suicide deaths.

And the percentage goes up as they age.

Be aware of the warning signs of suicide in your loved ones:

Avoiding appointments.

Skipping medications.

Lack of interest in activities, avoiding social interaction.

Skipping Hobbies.

Feelings of being a burden.

Talking about suicide or that the end is near for them.

If you notice these or other signs, reach out. Seek help. Call or text 988 or visit [www.bethe1to.com](http://www.bethe1to.com).