In 2013, 0.6% of people age 18 and over attempted suicide. During the same period of time, 7.5% of those ages 18–25 seriously considered suicide. Rates of suicide among young people attending college are actually significantly lower than among those not attending college. There is no single cause of suicide. Frequently it occurs in a situation when a person feels like they can’t cope or deal with the problems and challenges in their life. Depression is the most common illness associated with suicide. Conditions like depression, anxiety and substance use disorders, especially when they are untreated, increase the risk of suicide. People in early stages of psychotic illness are also at elevated risk for suicide and people with a family history of suicide are more likely to have suicidal thoughts and to do by suicide.

A number of factors may put a person at increased risk of suicide, including:

- Poor sleep attempt
- Substance abuse and intoxication — more than one in three people who die from suicide are found to be under the influence of alcohol or other substances
- A serious or chronic medical illness or disability
- Mental disorders, particularly depression and other mood disorders
- Lack of access to or inadequate mental health care
- A history of trauma or abuse
- Prolonged stress
- Isolation
- A recent tragedy or loss
- Early stages of psychotic illness
- Stress from prejudice or discrimination, particularly in LGBTQ youth, Native Americans, and Alaska Natives

If you or a friend think of suicide please call the National Suicide Hotline available 24/7 at (1-800-273-TALK). The Millersville University Center for Counseling and Human Development is located on the 3rd Floor Lyle Hall: 717-771-7821.

Source: https://www.jedfoundation.org/suicidal-behavior/#card=1