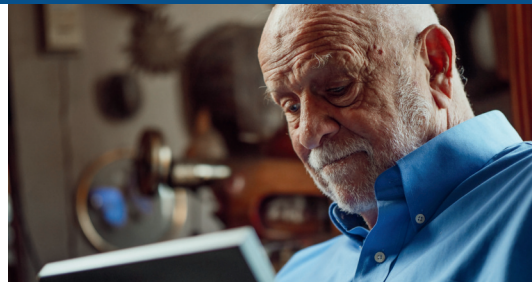
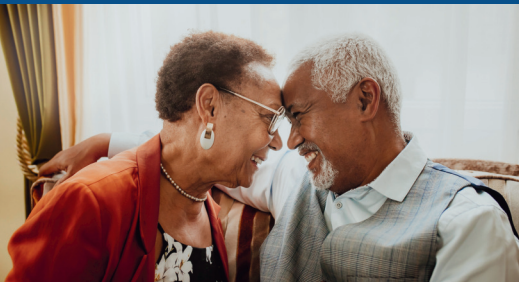


UNDERSTANDING SUICIDE RISK IN OLDER MEN: RECOGNIZING THE SIGNS



Suicide is a complex and deeply personal issue, and older men are among the most vulnerable populations. Despite advances in mental health awareness, older men often remain overlooked in discussions about suicide prevention. Understanding the risk factors and warning signs specific to this group is essential for offering timely support and intervention.

WHY OLDER MEN ARE AT HIGHER RISK

Statistics consistently show that older men, particularly those aged 65 and older, have the highest rates of suicide. Several factors contribute to this increased risk:

- **Chronic Illness or Pain:** Physical health challenges can lead to feelings of hopelessness, especially when they affect independence or quality of life.
- **Social Isolation:** Many older men face loneliness due to retirement, loss of loved ones, or lack of close friendships.
- **Unaddressed Mental Health Issues:** Older men may be less likely to seek help for conditions like depression or anxiety, often due to stigma or generational attitudes about mental health.
- **Financial Stress:** Concerns about finances after retirement or the inability to provide for oneself can contribute to feelings of despair.
- **Loss of Purpose:** Retirement or other major life changes may leave older men feeling unproductive or without a sense of direction.

The suicide risk among older men is a serious issue, but it's not insurmountable. By recognizing the warning signs, fostering open conversations, and connecting older men with the right resources we can make a difference.

WE CAN HELP.

Our outpatient program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging or a chronic diagnosis. Anyone can make a referral to our program, including self-referrals, provider referrals, or community referrals.

Call us today at