

Because even one death by suicide is one too many

Learn how you can help save a life.
Schedule your Talk Saves Lives™ training today!

Talk Saves Lives training

Talk Saves Lives is a suicide prevention awareness program created by the **American Foundation for Suicide Prevention (AFSP)**.

You can also access a virtual on-demand Talk Saves Lives training, created by The American Foundation for Suicide Prevention. Available for employees and household members ages 18+.

[Take the Talk Saves Lives training](#)

GETTING HELP

If you or someone you know is experiencing a mental health crisis, you can reach out to a hotline for immediate support.

The 988 Suicide and Crisis Lifeline is free, confidential and available 24/7 for people in distress. Just call or text **988** or visit the website at **988lifeline.org** to use the online chat feature.

The Crisis Text Line provides free, confidential text-based mental health support 24/7. Text HOME to **741741**.

If the mental health crisis results in a medical emergency or if there is immediate danger of harm, call **911** right away.

Did you know:¹

12.8
million

adults seriously thought about suicide

3.7
million

adults made a plan

1.5
million

adults attempted suicide

49K+

people died by suicide in the United States

That is **1 death** every **11 minutes**

Lives at risk²

- **85 years of age and older** — suicide rates are the highest.
- **15-34 years of age** — suicide is the second leading cause of death.
- **9% of youth grades 9-12** — made at least one suicide attempt in a 12-month period.

You can make a difference and together we can save lives.

¹ Suicide data and statistics. Available at: CDC.gov. Accessed June 2026.

² Suicide statistics. Available at: AFSP.org. Accessed June 2026.

For legal disclaimers, visit [RFL.com/Disclaimers](https://www.rfl.com/disclaimers)