Middle Aged Men and Suicide

A Comprehensive Guide for Gun Store Owners and Employees
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Middle Aged Men and Suicide

The Silent Epidemic
*Per BCMJ.org (British Columbia Medical Journal)

A lack of public awareness of suicide among middle-aged men has made this issue largely “invisible” or a “silent epidemic”. Statistically speaking on a local and national level, the rate of death by suicide among middle-aged men has drastically risen especially in the last decade. There are few preventative efforts/policies in place designed to help men struggling with suicidal ideation (SI).

“Among US white men, middle age has historically been a time of relatively lower risk of completed suicide, compared with elderly men, Yet by 2005, the suicide rate of white men aged 45-49 years was not only higher than the rate for men aged less than 40 years but also slightly higher than the rate for men aged 70 to 74 years... suicide-prevention efforts have focused most heavily on the groups considered to be at most risk: teens and young adults of both genders as well as elderly white men... Suicide in the middle-adult years has not been studied as extensively.”
Death by Suicide Statistics

**INDIANA**
*Per IN.gov 2013*

- Men 15-24 years
  3rd leading cause of death

- Men 25-34 years
  2nd leading cause of death

- Men 35-44 years
  3rd leading cause of death

- Men 45-54 Years
  4th leading cause of death

**NATIONAL**
*Per CDC.org 2013*

- Men 20-34 years
  2nd leading cause of death

- Men 35-44 years
  3rd leading cause of death

- Men 45-54 years
  4th leading cause of death

- Men 55-64 Years
  8th leading cause of death
Risk Factors
*Per AFSP.org

Health Factors

[Physical]
- Chronic Debilitating Disease (i.e.: Inflammatory Bowel Disease, COPD, Muscular Dystrophy, Rheumatoid, Arthritis, Diabetes, Chronic Migraines/Pain, etc.)

[mental]
- Depression
- Bipolar Disorder
- Schizophrenia
- Borderline Personality Disorder
- Antisocial Personality Disorder
- Conduct Disorder
- Anxiety
- Addiction

**Environmental Factors**

- *Contagion* – otherwise known as exposure to another person’s suicide.
- Access to lethal means (i.e.: firearms, knives, prescription drugs, etc.)
- Prolonged exposure to stress (i.e.: bullying, relationship issues, rejection, difficulty at work, etc.)
- Stressful life events (i.e.: death or anniversary of a loss, divorce, unemployment, etc.)

**Personal/Familial History Factors**

- Family history of suicide and/or mental health conditions
- Childhood abuse (i.e.: physical, emotional, sexual, verbal, etc.)
- Previous suicide attempts
- History of impulsivity
Protective Factors
*Per C-SSRS (Columbia Suicide Severity Rating Scale)

- Religious/Spiritual beliefs
- Pregnant partner
- Children in the home
- Positive coping skills
- Positive problem solving skills
- Positive social support from family & friends
- Sense of responsibility

Warning Signs

- Giving away person possessions
- Organizing a will
- Physical expression of hopelessness, having no purpose, and being in pain.
- Displays anxiousness, agitation, sleeplessness, and drastic mood changes
- General recklessness or engaging in risky activities without fear of consequences.
- Loss of interest in regular hobbies or activities
- Increased drug and alcohol use
- Withdrawn from family and friends
Support

National Suicide Prevention Lifeline:
[1-800-273-8255]

- If you or someone you know is in crisis, call the Lifeline to get support. You will be connected to a trained responder in your area. This service is offered 24/7, free of charge and is completely confidential.

Community’s Behavioral Health Referral Line:
[317-621-5700]

- The referral line offers assessment, crisis stabilization, evaluations, and referrals to mental health resources available through Community Health Network. This service is offered 24/7, free of charge and is completely confidential.

NEW Text Line:

Text HELPNOW to [20121]
Uncle Sam wants **YOU** to know...

**Suicide is preventable**

- No prior knowledge of guns
  - No questions.

- Responses are suspicious
  - No interest in safety, mentions divorce/job loss. “I won’t have the gun for long.”

- Ammunition & Anxious
  - Doesn’t ask for much ammunition; looks anxious.