

# RESOURCE GUIDE

# Congressional Hearing Mayday: Suicide & the Mental Health of Black Men and Boys

WEDNESDAY, MAY 1 AT 2 PM  
BUDGET COMMITTEE HEARING ROOM CANNON 210

The National Action Alliance for Suicide Prevention (Action Alliance) is the nation's public-private partnership for suicide prevention, working with more than 250 national partners to advance the National Strategy for Suicide Prevention. LEARN MORE.

Nation's Public-Private Partnership for Suicide Prevention  
The Action Alliance works with more than 250 national partners to advance the National Strategy for Suicide Prevention.

**RING THE ALARM**  
THE CRISIS OF BLACK YOUTH SUICIDE IN AMERICA

JUNE 2021

UNDOING RACISM THROUGH SOCIAL WORK

NASW Report to the Profession on Racial Justice Priorities and Action

A REPORT TO CONGRESS FROM THE CONGRESSIONAL BLACK CAUCUS EMERGENCY TASKFORCE ON BLACK YOUTH SUICIDE AND MENTAL HEALTH  
REPRESENTATIVE BONNIE WATSON-CULBERT, TASK FORCE CHAIR

OCTOBER 2022

UNDOING RACISM THROUGH SOCIAL WORK  
VOL. 2

A Collaborative Vision for an Anti-Racist Future

Home / Advocacy  
Advocacy Resources

Valuable Tools & Information  
Our resource section obtains a wealth of valuable tools, information, and resources designed to empower you as a counselor to advocate effectively for the counseling profession and the well-being of your clients. Our advocacy resources are carefully curated to provide you with the knowledge, skills, and support you need to navigate the complex landscape of advocacy and make a meaningful impact in

Candid.  
Issue Lab

Search Issue Lab collection home

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Preventing Black Male Suicides: A Roadmap for Action  
Apr 27, 2022

Description

Over the past 10 years, we have continued to hear from our partners about the need for resources and tools that will help them address the most pressing issues that hold far too many young Black men and boys back from living out our vision. From community violence and homicides; police-involved shootings and in-custody deaths; suicides, and child abuse and neglect – all of these forms of violence have a direct and indirect impact on young Black men and boys. Insensitizing their chances to be safe, live healthy lives or see any hope for the future. In response, Cities United has developed a series of strategic resources to equip mayors, city and community leaders, and young leaders – with the tools they need to address these tough challenges, and prevent them from happening in the first place.

This is the third strategic resource in the series and it will focus on suicide prevention, providing a roadmap that city leaders can use to address this pressing issue. We are focusing on suicide because it is a growing crisis among Black children and youth, that demands urgent attention from local leaders

MHA  
Mental Health America

Learn about mental health Resources About Us

Suicide Information & Support

Popular Articles

- I don't want to die, but I don't want to die | I hate myself | I think about death all the time | Types of intrusive thoughts | I'm afraid I'm going to kill myself | Tengo ataques de nervios | Am I harming myself? Types of self-harm Nobody likes me

When you're in crisis

Find a Provider | Need to talk to | What happens if I

Suicide Prevention

APHA

In 2016, suicide claimed nearly 40,000 lives in the United States, nearly 100 percent making it the 10th leading cause of death in America and a major public health challenge. Suicide is linked to the same risk factors as self-harm, child abuse/neglect, sexual violence, bullying, other abuse and other forms of violence. It is also connected to the same engagement and social support, employment, and family connections that have been shown to be protective factors against suicide. Suicide is a preventable health problem that can be prevented through early identification, diagnosis, and treatment.

The ultimate goal, as noted by the National Action Alliance for Suicide Prevention, is to "create a society that no longer sees suicide as an untreatable condition, and to further improve risk identification, diagnosis, and prevention."

The Basics: 44,000 Lives and Counting  
Suicide is on the rise.  
In 2016, there were 44,000 suicide deaths per 100,000 U.S. residents (13 age-adjusted), compared with 18,000 age-adjusted in 2007 and 12,000 age-adjusted in 1999.

Suicide is more common in the general adult population than in other groups of individuals:

- Suicide is equally common among men and women.
- Suicide is more common among those with mental health conditions and substance use.
- Suicide is more common among those with chronic medical conditions.
- Suicide is more common among those with a history of violence or trauma.
- Suicide is more common among those with a history of suicide.
- Suicide is more common among those with a history of suicide.

Always report any thoughts of suicide, even if you are not suicidal, to your doctor, mental health professional, or crisis center.

The age group with the highest rate of suicide death was 45 to 64 (13.2/100,000 age-adjusted) and 75 and older (12.0/100,000 age-adjusted).

- Among those aged 18-24, suicide death rates were 10.2/100,000 age-adjusted.
- Among those aged 25-34, suicide death rates were 10.2/100,000 age-adjusted.
- Among those aged 35-44, suicide death rates were 10.2/100,000 age-adjusted.
- Among those aged 45-54, suicide death rates were 10.2/100,000 age-adjusted.
- Among those aged 55-64, suicide death rates were 10.2/100,000 age-adjusted.
- Among those aged 65-74, suicide death rates were 10.2/100,000 age-adjusted.
- Among those aged 75 and older, suicide death rates were 10.2/100,000 age-adjusted.

American Association of Suicide Prevention

Donate

Risk factors, protective factors, and warning signs

While there is no single cause for suicide, there are risk factors and warning signs which may increase likelihood of an attempt. Learning them can save lives.

What leads to suicide?

There's no single cause for suicide. Suicide most often occurs when stressors and health issues converge to create an experience of hopelessness and despair. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated. Conditions like depression, anxiety, and substance problems, especially when unaddressed, increase risk for suicide. Yet it's important to note that most people who actively manage their mental health conditions go on to engage in life.

Pew

Black Adolescent Suicide Rate Reveals Urgent Need to Address Mental Health Care Barriers

Cultural competency in health care, expanded use of screening tools, and more research on risk factors could help address increase among this demographic group

ARTICLE  
April 22, 2024  
By Farzana Akhlu & Allison Carr  
Read time: 3 min  
Project: Suicide Risk Reduction

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MHA  
Mental Health America

MHA Screening

Take the first steps to mental health! Information, resources, and free & confidential mental health screening.

TAKE A MENTAL HEALTH TEST

LEARN MORE ABOUT MENTAL HEALTH

Take a Mental Health Test

- DEPRESSION TEST
- ANXIETY TEST
- PTSD TEST
- BIPOLAR TEST
- PSYCHOSIS TEST
- ADDICTION TEST

AMERICAN PSYCHOLOGICAL ASSOCIATION

Home > News & Advocacy > APA news > 2023 >

How to address the mental health crisis among young Black men

Creating school and workplace environments that support mental health is an important part of solution, says APA CEO

By Amy Robinson  
Last updated: April 21, 2023  
Date created: March 1, 2023  
2 min read

Mental Health | Racism, Bias, and Discrimination | Men and Boys | Suicide

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AMERICAN PSYCHOLOGICAL ASSOCIATION

Home > Journals on Psychology > 2021 > September >

CONTINUING EDUCATION

Black men's mental health matters

Psychologists are working to develop more effective ways of promoting Black men's mental health

By Teri D'Augelli  
Last updated: January 24, 2023  
Date created: September 1, 2021  
16 min read  
Vol. 52 No. 6  
Print version: page 40

Men and Boys | Race and Ethnicity

AMERICAN PSYCHOLOGICAL ASSOCIATION

Home > Psychology topics > Suicide >

Talking to teens: Suicide prevention

Tools to help prevent youth suicide

Date created: 2018  
3 min read

Suicide | Teens

NAMI  
National Alliance on Mental Illness

NAMI | Support & Education | Mental Health Education | NAMI Sharing Hope: Mental Wellness in the Black/African Ancestry Communities

NAMI Sharing Hope: Mental Wellness in the Black/African Ancestry Communities

NAMI  
National Alliance on Mental Illness

NAMI | NAMI Announces Expanded Initiative: The Community Health Equity Alliance

NAMI Announces Expanded Initiative: The Community Health Equity Alliance

22, 2023

The Community Health Equity Alliance (CHEA) is a mental health equity initiative that joins community-based organizations and thought leaders as collaborators under the shared mission to improve serious mental illness (SMI) care for Black/African American adults. Established in 2021 by 19 collaborating organizations and partners Neuroscience, four coalitions in North Carolina, Texas, Georgia, and California formed to provide national programs and resources to improve access to equitable and culturally responsive mental