

Aging and Suicide

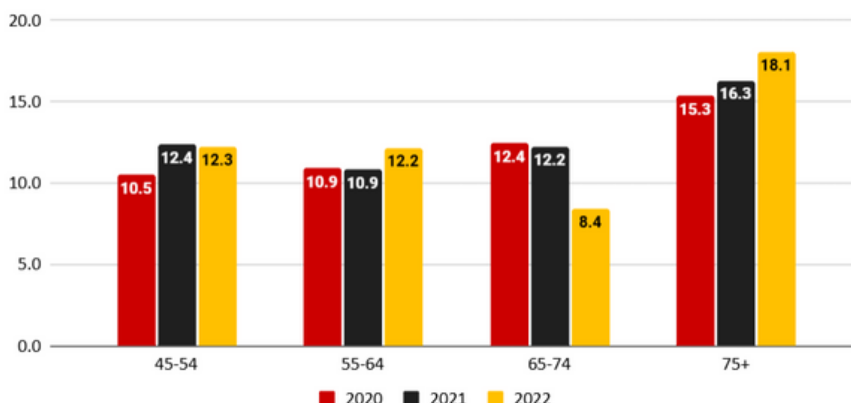
Factsheet and resources

The Maryland Department of Health's Office of Suicide Prevention aims to prevent suicide across the lifespan by promoting mental well-being for all Marylanders. The office provides training, resources, data, and technical assistance to advance comprehensive suicide prevention, intervention, and postvention for individuals, families, and communities.



Did You Know?

Rate of Maryland Suicide Deaths out of every 100,000 within each Age Group



According to the Vital Statistics Administration, the percentage of Maryland suicide deaths among older adults increased from 2020 to 2022. The exception is for those aged 65 to 74. Crude data rates in suicide deaths for those over the age of 75 continues to rise.



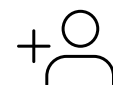
TRAINING

- [Question. Persuade. Refer. \(QPR\) - Preventing Elder Suicide](#)
- [MD Access Point Caregiver Training](#)
- [Extreme Risk Protection Order \(ERPO\)](#)
- [Mental Health First Aid for Older Adults](#)
- [Counseling on Access to Lethal Means \(CALM\)](#)



RESOURCES

- [Maryland Safe Gun Storage](#)
- [Maryland Dept. of Aging](#)
- [National Council on Aging](#)
- [National Coalition on Mental Health and Aging](#)
- [Older Adults Vibrant Minds](#)
- [SAMHSA Older Adult Resources](#)
- [988lifeline.org/deaf-hard-of-hearing-hearing-loss](#)



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