

NYC COUNCIL BRIEFING

May Mental Health Awareness Month 2025

Lead Sponsors

Committee on Mental Health, Disabilities & Addiction

Chair Linda Lee

Council Member Erik Bottcher

BRIEFING

With the proposed federal cuts to suicide prevention and mental health services, now more than ever, it's crucial to equip Council Members and staff with the knowledge and tools YOU need to help New Yorkers in crisis. As one of seven members of the National Council for Suicide Prevention, we will share the latest and best prevention practices with you.

WHO SHOULD ATTEND?

Council Members, Chiefs of Staff, Legislative & Budget Directors, Communications Directors, Constituent & Community Liaisons, etc. Speaker staff working with the Committees on Aging, Criminal Justice, Education, Children & Youth, Finance, General Welfare, Health, Higher Education, Immigration, Mental Health, Disabilities & Addiction, Veterans, Women & Gender Equity, and more.



Virtual Event hosted on Zoom

Register at

bit.ly/SAMS-Council-Briefing2025
to receive the link!



Tuesday, May 20, 2025
3-4 PM

OVERVIEW

- ◆ In NYC 2x as many people die by suicide each year than from car accidents.
- ◆ Someone dies by suicide every 16 hours in NYC (DOHMH, 2023).

BRIEFING TOPICS INCLUDE

- Understanding suicide as a public health issue.
- Communicating with the press and the public about suicide.
- How to respond to an individual who is in distress or talking about suicide.
- Determining an individual's *degree of risk*, level of danger involved and how to help.
- Issues to consider when developing mental health policies.

REGISTER TODAY!

bit.ly/SAMS-Council-Briefing2025

Contact Fiodhna O'Grady at Fogrady@samaritansnyc.org or call (917) 536-3849

samaritansnyc.org

Co-sponsored by Council Members Alexa Avilés, Tiffany Caban, Carmen De La Rosa, Eric Dinowitz, Shahana Hanif, Rita Joseph, Farah N. Louis, Mercedes Narcisse, Chi Osse, Keith Powers, Carlina Rivera, and Inna Vernikov

MORE CO-SPONSORS PENDING

Suicide Statistics At-a-Glance NYC Council Committees, 2025

COMMITTEE ON AGING: Older adults are at 8.5x more likely to die by suicide.

COMMITTEE ON CRIMINAL JUSTICE: 50% of NYC's prison population has a mental health condition.

COMMITTEE ON EDUCATION & COMMITTEE ON CHILDREN AND YOUTH: Suicide attempts among NYC high school students hit an all-time high of 14% in 2023. This marks a 56% increase from 2021 and is a rate more than 50% higher than the national average. 18% of NYC High School students experienced suicidal thoughts (YRBS, 2023).

COMMITTEE ON FINANCE: The unabated rise in suicides and the associated national economic costs tied to suicide fatalities have increased by 143%, from \$0.46 trillion to \$1.12 trillion (Rockett et al., 2023).

COMMITTEE ON GENERAL WELFARE: In NYC, someone dies by suicide every 16 hours (DOHMH, 2023).

COMMITTEE ON HEALTH: Suicide and drug fatalities share overlapping risk factors, with alcohol and opioids significantly involved. One in four suicides involves alcohol consumption, and one in five involves opioid consumption (SAMHSA).

COMMITTEE ON HOSPITALS: Post-hospitalization, suicide risk can soar up to 12 times, especially for those involuntarily admitted, maintaining this heightened risk for up to five years (Mugrove et al., 2022). Mental health emergency department visits have increased by 50% for adolescent females (Radhakrishnan, Y.E., et al., 2021), putting more pressure on an extremely strained system.

COMMITTEE ON HIGHER EDUCATION: Suicide ranks as the second leading cause of death for college students. A concerning 26% of adults aged 18-24 have reported seriously considering suicide.

COMMITTEE ON IMMIGRATION: Migrants, asylum seekers, refugees, and other immigrant populations experience higher rates of mental health challenges, including depression, anxiety, and PTSD (WHO), with young migrants showing alarming rates of self-harm and suicide attempts (Basu et al., 2022).

COMMITTEE ON MENTAL HEALTH, DISABILITIES, AND ADDICTION: In NYC, 36% of adults reported experiencing anxiety or depression, with 20% unable to access needed treatment (NAMI, 2021). Adults with disabilities are three times more likely to experience suicidal thoughts than those without (30.6% vs. 8.3%).

COMMITTEE ON VETERANS: Veterans and military personnel are four times more likely to die by suicide than in military operations (Suitt, 2021). Veteran men's suicide rate is 43% higher than that of non-veteran men, while veteran women's rate is 166% higher than that of non-veteran women.

COMMITTEE ON WOMEN AND GENDER EQUITY: Women attempt suicide at 3.5x the rate of men. Drapeau, C. W., & McIntosh, J. L. (2023). Attempted suicide rates & suicidal ideation among LGBTQ people are significantly higher than among the general population.