


# Alcohol & Suicide Walk & Talk

Excessive alcohol use can be a major risk factor for suicidal behavior. Alcohol can lower inhibition while simultaneously increasing depressive symptoms, impaired judgment, and impulsivity.



In 2020, nearly 46,000 Americans lost their lives to suicide

People with an alcohol use disorder are up to **120 times more likely** to die by suicide

**Over 1/3** of suicide victims in the United States were found to have alcohol in their system



Someone dies by suicide approximately **every 40 seconds** in the United States

Older adults with an alcohol use disorder are at a **much higher risk** for suicide and use more lethal means than younger people



**National Suicide Lifeline:**

1-800-273-8255

**Suicide and Crisis Hotline  
as of July 16th, 2022:**

988

If you or someone you  
love is struggling to stop  
drinking, please consult  
the SAMHSA treatment  
locator here:

[findtreatment.gov](https://findtreatment.gov)



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