



ADAA Statement on the Tragic Losses of Kate Spade and Anthony Bourdain It's Time to Give Voice to Suicide – And Act

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This week we have lost Kate Spade and now Anthony Bourdain to suicide. The Board of the Anxiety and Depression Association of America (ADAA) offers our condolences to their families and to those touched by the lives of these two celebrated Americans.

Unfortunately, they are not alone. There will be 45,000 other deaths by suicide in this country within the year. One million worldwide. And that number, sadly, is growing. The [CDC just released the results of a study this week](#) showing that in a majority of US states, suicide has risen by almost 30% from 1999 to 2016. About half of those had a known mental health issue that was a likely contributor. But there are many other factors at play, and many risk factors that the public needs to be aware of. The risk for suicide crosses all age, racial/ethnic, cultural, and socioeconomic bounds. It affects us all and the ripple effect can be staggering.

This public health emergency is a call to action to our medical community and our policymakers that something needs to change. Now. We need to focus on fighting the stigma of suicide and mental health and allow people the opportunity to ask for help. We need to increase the availability and numbers of mental health professionals in this country and the world. And we need to provide funding for research on suicide.

Advocacy organizations, researchers, and mental health clinicians having been sounding this call for decades. It is time for the American public to step up and join us to fight this fight. Suicide is the second leading cause of death in our young adults, and the third leading cause of death in children ages 10-14. These are frightening statistics and even more frightening is the lack of funding and attention this issue is receiving.

It is imperative that we give voice to this issue. Today and every day. Please also remember that no one is alone. Help and support are available.

**If you or someone you know is in crisis call 1-800-273-TALK (8255) – The National Suicide Prevention Lifeline
You can also text “HELLO to 741741**

Additional Resources

- [American Foundation for Suicide Prevention \(AFSP\)](#)
- [Suicide Awareness Voices of Education \(SAVE\)](#)

[ADAA](#) also provides helpful resources and tools for those struggling with anxiety and depression and for loved ones.

- [ADAA's Suicide and Prevention website page](#)
- [ADAA's Find-A-Therapist search tool](#)
- [Risk Factors and Warning Signs \(American Foundation for Suicide Prevention\)](#)
- [ADAA and SAVE.org Suicide Prevention infographic](#)
- [ADAA's Anonymous Free Online Support Group](#)

- [Talk Saves Lives](#) – ADAA Free Webinar hosted by Jill Harkavy-Friedman/AFSP
- [Helping Family Members Handle Suicide](#) – ADAA Free Webinar
- [How to Help Depressed and Suicidal Teenagers](#) – ADAA Free Webinar
- [Predicting and Preventing Suicide: Where Are We?](#) ADAA Blog Post