**Facts and Statistics**

**Depression**

* In any given year, 6.7 %, or about 14.8 million Americans have a major depressive episode.
* Depression can develop at any age, but the median age for someone to develop depression is 32 years old.
* People with depression are four times as likely to have a heart attack as those who do not have depression.

**Depression and Suicide in Men**

* Approximately 6 million men in America experience depression in any given year.
* One study by the American Psychological Association revealed that only one in four men who experience depression seek help.
* Suicide is the 10th highest cause of death across the United States.
* Suicide claims over 42,000 lives each year, with rates disproportionately higher for middle-aged men 35-64 years old.
* Men die by suicide 3.5 times more often than women.
* White males accounted for 7 of 10 suicides in 2014.

**Suicide in Michigan**

* Suicide represents the leading cause of injury death among men in Michigan.
* The CDC reports that there are 18.2 suicides per 100,000 Michigan residents every year.
* The overall rate of death by suicide among men in Michigan was 4 times higher than rates among females.

**In Michigan, Suicide is . . .**

* 2nd leading cause of death for ages 10-34.
* 4th leading cause of death for ages 35-54.
* 8th leading cause of death for ages 55-64.
* 18th leading cause of death for ages 65 & older.