

# Significant rise in suicide rates in the U.S.

By Lindsay Holmes and Anna Almendrala, Huffington Post

If you need any more proof that mental health disorders are a public health issue, look no further than rising suicide rates over the last decade and a half.

Deaths from suicide have increased 24 percent from 1999 to 2014, according to an analysis of Americans aged 5 and up conducted by researchers at the U.S. Centers for Disease Control and Prevention.

While the CDC researchers can't definitively pin down why the rates are increasing (there are multifarious factors that contribute to mental illness and self-harm), the study's results are a huge wakeup call: Suicide is the 10th leading cause of death in the U.S.

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