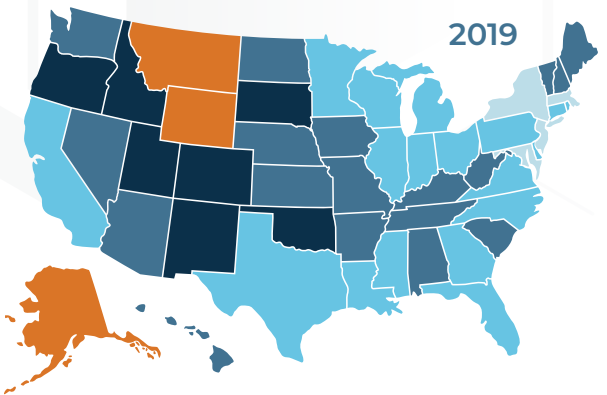
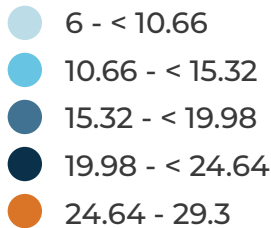


## SUICIDE MORTALITY BY STATE



Deaths Per 100,000 Total Population<sup>1</sup>



## SUICIDE IN THE UNITED STATES:

- 10<sup>th</sup>** Leading cause of death overall.<sup>2</sup>
- 4<sup>th</sup>** Leading cause of death in those 35-44 years old.<sup>2</sup>
- 2<sup>nd</sup>** Leading cause of death among 10-34 year-olds.<sup>2</sup>

**2.5x** In 2019, there were nearly **2.5x as many suicides** (47,511) as there were homicides (19,141).<sup>2</sup>

**50%** Firearms are involved in more than **50%** of suicide-related deaths.<sup>2</sup>

**4.8%** of adults age 18+ had serious thoughts about suicide in 2019.<sup>2</sup>

The prevalence of serious suicidal thoughts was **highest among young adults** aged 18-25 (11.8%).<sup>2</sup>

## PROVEN SUICIDE PREVENTION

### NATIONWIDE Suicide Prevention Programs:

Across a study of 21 countries, **suicide rates decreased** after the government initiated a nationwide suicide prevention program.<sup>3</sup>

### “ZERO SUICIDE” Practices For Outpatient Mental Health Clinics:

Outpatient mental health clinics with higher fidelity to “Zero Suicide” practices had a **69% lower likelihood** of having a suicide incident.<sup>4</sup>



## RECOMMENDED RESOURCES

Visit the Suicide Awareness Resource Library at [PsychU.org](https://PsychU.org) for these resources and more:

- AN INTERVIEW WITH BECKY STOLL OF CENTERSTONE: **Innovations In Suicidality & Their Future Implications**
- AN INTERVIEW WITH BECKY STOLL OF CENTERSTONE: **PsychU's Value From A Mental Health Advocate's Perspective**
- AN INTERVIEW WITH BECKY STOLL OF CENTERSTONE: **Safeguarding Health & Well-Being In A Time Of Crisis**

## PsychU Supporting Organizations In SUICIDE PREVENTION:



American Foundation for Suicide Prevention:  
**AFSP.org**



American Association of Suicidology:  
**Suicidology.org**

**If you or someone you know is in crisis, call:**  
Suicide Prevention Hotline/Lifeline 1-800-273-TALK (8255)  
or text the Crisis Text Line 741-741

1. Centers for Disease Control and Prevention. (2021, February 11). *Suicide Mortality by State*. CDC. <https://www.cdc.gov/nchs/pressroom/sosmap/suicide-mortality/suicide.htm>.
2. U.S. Department of Health and Human Services. (n.d.). NIMH" suicide. National Institute of Mental Health. <https://www.nimh.nih.gov/health/statistics/suicide>.
3. Lewitzka, U., Sauer, C., Bauer, M., & Felber, W. (2019). *Are national suicide prevention programs effective? A comparison of 4 verum and 4 control countries over 30 years*. BMC Psychiatry, 19(1). <https://doi.org/10.1186/s12888-019-2147-y>
4. OPEN MINDS. (2021, April 16). *Outpatient Mental Health Clinics With Higher Fidelity To Zero Suicide Practices Had Lower Odds Of A Suicide Incident*. <https://openminds.com/market-intelligence/news/outpatient-mental-health-clinics-with-higher-fidelity-to-zero-suicide-practices-hadlower-odds-of-a-suicide-incident/>

PsychU is supported by Otsuka Pharmaceutical Development & Commercialization, Inc. (OPDC), Otsuka America Pharmaceutical, Inc. (OAPI), and Lundbeck, LLC – committed supporters of the mental health treatment community. The information provided through PsychU is intended for the educational benefit of mental health care professionals and others who support mental health care. It is not intended as, nor is it a substitute for, medical care, advice, or professional diagnosis. Health care professionals should use their independent medical judgement when reviewing PsychU's educational resources. Users seeking medical advice should consult with a health care professional. No CME or CEU credits are available through any of the resources provided by PsychU. Some of the contributors may be paid consultants for OPDC, OAPI, and / or Lundbeck, LLC