

Suicide: An Overview



*Interactive PDF: select underlined words for more information / resources.



What is suicide?

"Death caused by self-directed injurious behavior with any intent to die as a result of the behavior" (Crosby, Ortega, Melanson, 2011).



What is the rate of suicide?

2019 Deaths Attributable to Suicide

America's Health Rankings, 2021

Delaware: 11.4 per 100,000

United States: 14.5 per 100,000



Who is at risk of suicide?

Suicide is a **public health priority** and occurs across all demographic groups. It is one of the leading causes of death across characteristics such as age, sex, and race.

According to the CDC, there are groups of people who are at higher risk of dying by suicide (meaning that the rate of suicide in these groups is higher than the U.S. general population):

Men, especially those who are white or American Indian/Alaska Native
Middle Aged Adults
LGBTQ Individuals
Veterans
People living in rural areas
Adults aged 75 years and older



How common are suicidal thoughts, plans, and attempts?

According to the 2020 National Survey on Drug Use and Health:

Among adults aged **18 or older**:

- ▶ 4.9 % had serious **thoughts** of suicide
- ▶ 1.3 % made a suicide **plan**
- ▶ 0.5% **attempted** suicide in the past year

Among adolescents aged **12 to 17**:

- ▶ 12.0% had serious **thoughts** of suicide,
- ▶ 5.3% made a suicide **plan**
- ▶ 2.5% **attempted** suicide in the past year



What are the warning signs?

Not all people who die by suicide will display all of the warning signs or even the same ones, but some indications of risk are...

- Talking about wanting to kill themselves
- Hopelessness
- Withdrawal
- Looking for access to lethal means
- Increasingly impulsive or reckless behavior

Suicide Prevention: Resources



*Interactive PDF: select underlined words for more information / resources.



To Learn More:



[American Foundation for Suicide Prevention](#)



[Suicide Prevention Resource Center](#)



[American Association of Suicidology](#)



[CDC: Suicide Prevention](#)



[Crisis Text Line: Trends](#)



[The Trevor Project: Talking About Suicide](#)



[NCOA: Suicide and Older Adults](#)



[Seize the Awkward](#)



Prevention is Possible:



Create intentional communities of hope and support



Promote access to quality mental health resources and care



Encourage the development of healthy coping skills



Intervene Early, Consistently, and Appropriately



Create Safe Spaces - Online & In Person



Start the conversation



Work to reduce stigma



Identify social drivers of health that put people at disproportionate risk



If you, or someone you know, is in need of immediate help:



Call or Text: 988

<https://988lifeline.org/talk-to-someone-now/>

Línea de Prevención del Suicidio y Crisis

1-888-628-9454

For TTY Users:
Use your preferred relay service or dial 711 then 988.

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Source:

1) America's Health Rankings. (n.d.). Explore suicide in Delaware: 2021 annual report. America's Health Rankings. <https://www.americashealthrankings.org/explore/annual/measure/Suicide/state/DE>; 2) Centers for Disease Control and Prevention. (2022). Disparities in suicide. Suicide Prevention. Retrieved from <https://www.cdc.gov/suicide/facts/disparities-in-suicide.html>; 3) Centers for Disease Control and Prevention. Web-based Injury Statistics Query and Reporting System (WISQARS) [Online]. (2022). National Center for Injury Prevention and Control, Centers for Disease Control and Prevention (producer). Available from: URL: www.cdc.gov/ncipc/wisqars; 4) Crosby AE, Ortega L, Melanson C. Self-directed Violence Surveillance: Uniform Definitions and Recommended Data Elements, Version 1.0. Atlanta (GA): Centers for Disease Control and Prevention, National Center for Injury Prevention and Control; 2011; 5) Substance Abuse and Mental Health Services Administration. (2021). Key substance use and mental health indicators in the United States: Results from the 2020 National Survey on Drug Use and Health (HHS Publication No. PEP21-07-01-003, NSDUH Series H-56). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. Retrieved from <https://www.samhsa.gov/data/>