Special Emphasis Report:

Suicide

<CURRENT YEAR>

<JURISIDICTION>

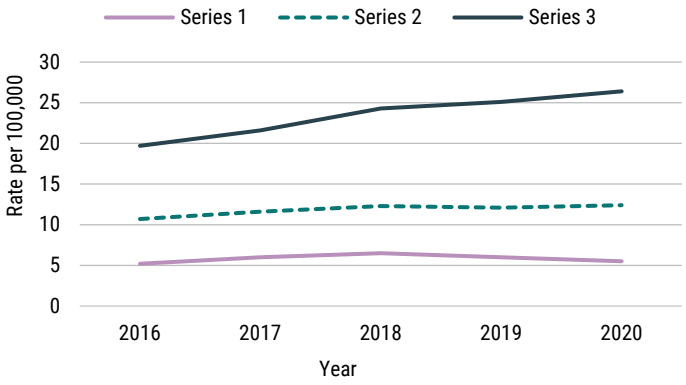
UNDERSTANDING SUICIDE

Suicide is a leading cause of death in the United States. A suicide is a death caused by self-directed injurious behavior with any intent to die as a result of the behavior. Suicide is a growing public health problem, affecting all people, ages, races, gender, and ethnicities. There is no single cause of suicide, as several factors at the individual, relationship, community, and societal levels may increase the risk for suicide and protect against it. Suicide contributes to premature death, morbidity, lost productivity, and healthcare costs. Suicide is preventable.

Impact and Magnitude of Suicide

Suicide is the <rank> leading cause of death in the United States and <rank> in <jurisdiction>. Over the past <number of years> years, the rate of suicide deaths has <increased/decreased>, with the biggest change in those who are <specific population or age group>.

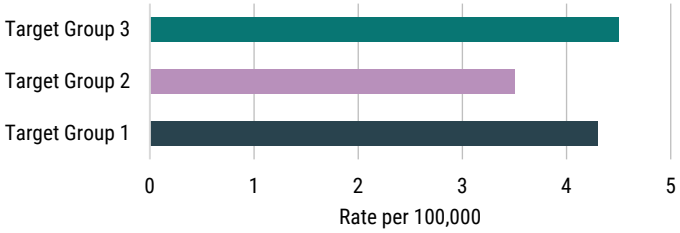
FIGURE 1: Top Mechanisms of Suicide, <Data Years>



Suicide by Population Characteristics

Suicide disproportionately affects <target group>.

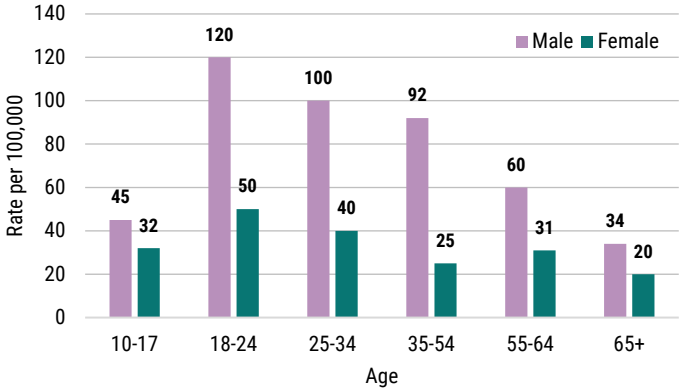
FIGURE 2: Suicide by <Population Characteristic>, <Data Year(s)>



Suicide data is available and included only for those 10 years of age and above.

Suicide by Age and Sex

FIGURE 3: Rates of Suicide by Age and Sex, <Data Year>



Suicide by Geography

<In/from data year(s)> the majority of suicide deaths in <jurisdiction> occurred in <health region>, and the highest rates per 100,000 residents were in <health region>.

FIGURE 4: Suicide by Geography, <Data Year(s)>

Health Region	Count	Rate
1.		
2.		
3.		
4.		
5.		

This document was produced with support from CDC Cooperative Agreement Number NU38OT000297-02-00.

State Health Department Logo

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Suicide Prevention Strategies

Suicide is preventable, and everyone can play a role. Suicide prevention requires a comprehensive approach that occurs at all levels of society. The Centers for Disease Control and Prevention (CDC) has developed a set of strategies to help states, communities, and individuals reduce risk and increase resilience (see figure at right).

For planning and prevention resources visit CDC's Suicide Prevention website at https://www.cdc.gov/violenceprevention/pdf/suicideTechnicalPackage.pdf?deliveryName=DM24177

Means: Reducing a suicidal person's access to highly lethal means is an important part of suicide prevention. Learn more about means reduction at Harvard's Means Matters.

Circumstances: Suicide is complex, and many factors contribute to thoughts of suicide. Learn more from CDC's Vital Signs.

BeThe1To: If you think someone you know is considering suicide, talk to them and connect them to the support they need. Learn 5 Steps you can take to be a supportive and empathetic listener for them.

Lived Experience: If you are thinking of suicide or made a suicide attempt, please know that help is available. Along with supportive family and friends, people who have experienced thoughts of suicide and suicide attempt survivors have created strong peer communities. Learn more at Now Matters Now.

Postvention: It is important to support the individuals, families, and communities affected by suicide loss, to reduce the cycle of trauma and increased risk. Learn more at the American Foundation for Suicide.

<State/Local Jurisdiction Crisis Hotline>
<Number>

National Suicide Prevention Hotline
1-800-273-TALK (8255)

Crisis Text Line
Text 741741

Veterans' Crisis Line
1-800-273-8255 or text 838255

Suicide Prevention Activities

PREVENTION	
SURVEILLANCE	
PARTNERSHIPS	
ACCOMPLISHMENTS/ SUCCESSES	

For more information, contact <contact information>