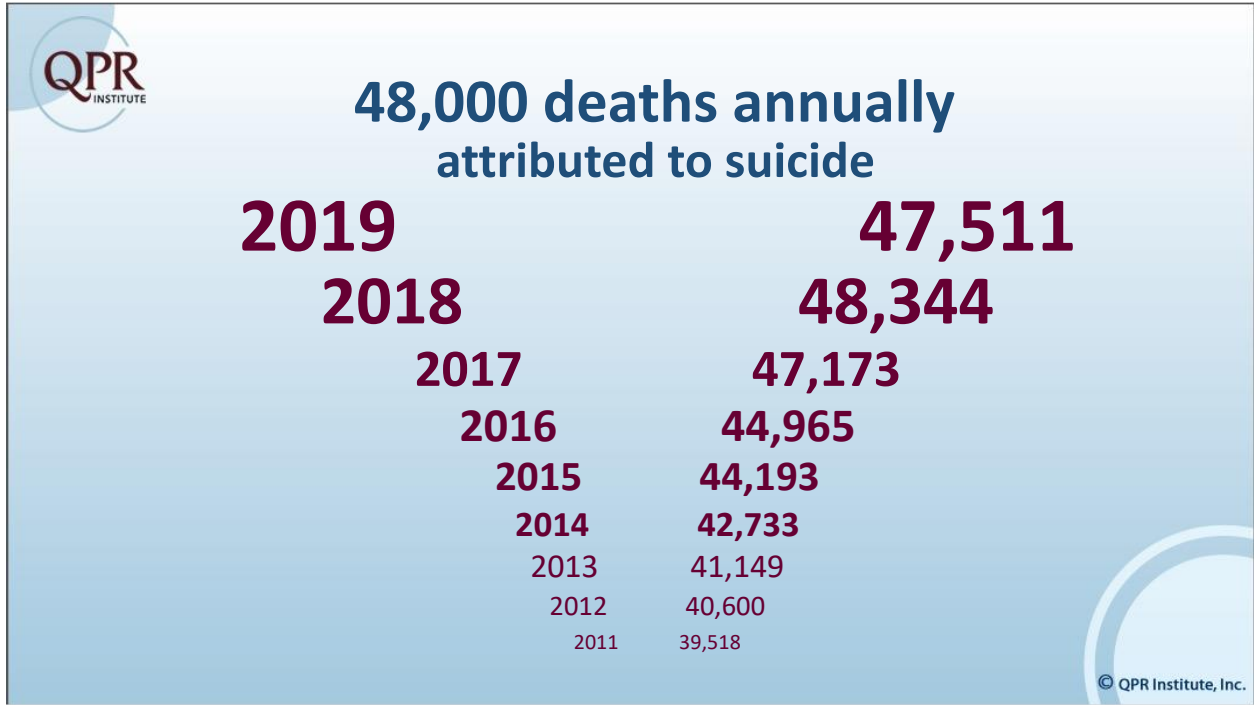


Suicide Statistics and Information



- Timing of USA suicides - 1 suicide every 11 minutes or 130 suicides every day.
- 5954 young people (age 15-24) die by suicide each year (2019) at a rate of one suicide every two hours. Second leading cause of death in Oregon for ages 15-34.
- Estimates of attempted suicide 25 attempts for each documented death (*Note: 48,000 suicides translates into 1,200,000 attempts annually*).
- 90% of those who died by suicide had a diagnosable mental health condition at the time of their death.
- **Scope of the Problem in Oregon** - On average, one person dies by suicide every 11 hours in the state. More than six times as many people die by suicide in Oregon annually than by homicide.
- **While it is our most preventable death....** “More teenagers died from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia and influenza, and chronic lung disease *combined*.” Source: U.S. Public Health Service (1999)

Most often it is not just one thing that leads to death by suicide or a suicide attempt.

Suicide Statistics and Information

Strongest Predictors

- Previous suicide attempt
- Current talk of suicide/making a plan
- Strong wish to die/preoccupied with death(i.e., thoughts, music, reading)
- Depression (hopelessness, withdrawal)
- Substance use/abuse
- Recent attempt by friend or family member

Behavioral Clues:

- Any previous suicide attempts
- Acquiring a gun or stockpiling pills
- Co-occurring depression, moodiness, hopelessness
- Putting personal affairs in order
- Giving away prized possessions
- Giving away their pets
- Not eating or sleeping
- Sudden interest or disinterest in religion
- Drug or alcohol abuse, or relapse after a period of recovery
- Unexplained anger, aggression, and irritability
- Impulsivity/Increased risk taking
- Self-destructive acts (i.e., cutting)
- Chronic truancy, running away
- Perfectionism
- Clinical depression is a major risk factor. Sudden cheerfulness in someone who has been seriously depressed may mean they have decided to die by suicide.

Situational Clues:

- Being expelled from school or fired
- Family problems or alienation
- A recent unwanted move
- Loss of any major relationship
- Death of a friend or family member, especially if by suicide
- Diagnosis of serious or terminal illness
- Sudden unexpected loss of freedom or fear of punishment
- Financial problems (their own or family)
- Feeling embarrassed or humiliated in front of peers
- Victim of assault or bullying
- Fear of becoming a burden to others
- Change in interaction with family and friends
- Recent disappointment or rejection
- Sudden decline or improvement in academic performance
- Physical symptoms: eating disturbances, changes in sleep patterns, chronic headaches, stomach problems, menstrual irregularities
- Increased apathy