

*Suicide is a major public health problem that can be prevented!*¹

Suicide was the **11th leading cause** of death in the United States in 2006². More people die by suicide each year than die because of HIV or homicide across the U.S.

There are gender, ethnic, and age differences in suicide³

- Males are four times more likely to die by suicide than females, although females attempt suicide three times more often as males.
- White Americans are more likely to die by suicide than Americans of other racial backgrounds.
- Suicide is the 3rd leading cause of death among Americans between the ages of 15-24 and the second leading cause of death among those between the ages of 25-34.
- Suicide rates increase with age. Elderly people who die by suicide are often divorced or widowed and suffering from a physical illness

There is a strong association between suicide and mental illness.

- Ninety percent of suicides that take place in the United States are associated with mental illness, including disorders involving alcohol and drug abuse⁴.
- Fifty percent of those who die by suicide were afflicted with major depression, and the suicide rate of people with major depression is eight times that of the general population⁵.

Suicide in Arizona

Suicide was the **8th leading cause** of death in Arizona in 2007⁶. The rate of suicide in Arizona was 15.4 per 100,000 people (Arizona Department of Health services, 2007).

Age adjusted suicide rate by race, ethnicity and gender 1997-2007.

- 78% of suicides were among males at a rate of 24.4 per 100,000.
- 22% of suicides were among females at a rate of 6.7 per 100,000.
- 78% of suicides were among White Non-Hispanics (NH), at a rate of 18.7 per 100,000.
- 15% of suicides were among Hispanics at a rate of 9.2 per 100,000.
- 1.5 % of suicides were among Black Non-Hispanics at a rate of 6.2 per 100,000.
- The highest suicide rate was among individuals between the ages of 45-54 at a rate of 25.6.
- Firearms were the leading method of suicide, accounting for 55% of suicides.

¹ Center for Disease Control and Prevention. (2005). WISQARS system. Retrieved from: http://www.sprc.org/suicide_prev_basics/about_suicide.asp.

² Center for Disease Control and Prevention. (2006). Suicide and Self Inflicted Injury. Retrieved from: <http://www.cdc.gov/nchs/fastats/suicide.htm>.

³ Center for Disease Control and Prevention. (2004). Suicide Fact Sheet. Retrieved from: <http://www.cdc.gov/nchs/fastats/suicide.htm>.

⁴ Goldsmith, S, Pellmar, A, Kleinman, A, Bunney, W. (editors) (2002). *Reducing Suicide: A National Imperative*. Washington, DC: National Academy Press.

⁵ Jacobs, D, Brewer, M, and Klein-Benheim, M. (1999) Suicide Assessment: An Overview and Recommended Protocol. In *The Harvard Medical School Guide to Suicide Assessment and Intervention* edited by D. Jacobs. San Francisco: Jossey-Bass.

⁶ Arizona Department of Health Services. (2007). **Arizona Vital Statistics**. Intentional self-harm (suicide), Arizona, 1997-2007. Retrieved from: <http://www.azdhs.gov/plan/report/im/im07/3/index.htm>.

Suicide Resources:

24-Hour Crisis Hotlines:

- 1-800-SUICIDE – [HopeLine Suicide Hotline](#) (National)
- 1-800-273-TALK or 1-800-273-8255 National Suicide Prevention Lifeline (National)

Suicide/Crisis Hotlines by County:

- 480-784-1500 (Maricopa County)
- 1-800-771-9889 (Pima, Graham, Greenlee, Cochise, Santa Cruz Counties)
- 1-800-259-3449 (Gila River and Ak-Chin Indian Communities)
- 520-879-6060 (Tucson and Guadalupe)
- 1-866-495-6738 (Yuma, LaPaz, Pinal and Gila Counties)

Helpful Resources on Suicide:

- [Arizona Suicide Prevention Coalition](#)
- [American Association of Suicidology](#)
- [National Suicide Prevention Lifeline](#)
- [American Foundation for Suicide Prevention](#)
- [The Suicide Prevention Resource Center](#)
- [Teen Lifeline](#)
- [Arizona Suicide Prevention Alert](#)

Helpful Resources on Depression:

- [Online Depression Screening](#)
- [Stress and Ways to Handle It](#)
- [Stress: Know the Signs](#)
- [National Sleep Foundation](#)