The Facts: Suicide

In the United States (U.S.), suicide is the **10th leading cause of death for all ages** and the **2nd leading cause of death for youth and young adults** between the ages of 10-34 (Centers for Disease Control and Prevention (CDC) 2021). According to CDC, a person dies of suicide every 11 minutes (CDC 2021).

**Alabama Facts:** In 2019, the Alabama suicide rate was 16.4 per 100,000 persons (804 deaths) making suicide the **12th leading cause of death in Alabama**. Data, however, has consistently shown a pattern of higher rates in Alabama than the U.S. average. Of the 804 suicide deaths in Alabama, 711 were completed among the **white population** and the **majority were male**. In regards to youth, **104** youth and young adults aged **10-24** died by suicide with **58** of those deaths in young people aged 20-24. Additional facts are below.

### Alabama had a higher rate of suicides than homicides in 2019 (rates per 100,000 persons).

<table>
<thead>
<tr>
<th>Rate</th>
<th>Suicide</th>
<th>Homicide</th>
</tr>
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<tbody>
<tr>
<td>16.4</td>
<td>12.0</td>
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Suicide rates for Alabama have been consistently higher than the U.S. rates.

![Graph showing suicide and homicide rates](source)

Suicide rates in Alabama were highest in 2019 for those age **35-39 years** (27.6 per 100,000) and **40-44 years** (25.2 per 100,000).

![Graph showing suicide rates by age](source)

Suicide rates in Alabama are highest among white males but vary among age groups.

![Graph showing suicide rates by age and gender](source)

Source: Alabama Center for Health Statistics, Suicide Summary (2019), 2021.

Source: American Association of Suicidology, 2021
The majority of completed suicides in Alabama are by the use of a firearm (67.5%).

- Firearm: 67.5%
- Hanging: 21.6%
- Poisoning: 7.3%
- All others: 3.5%

The majority of suicides in Alabama are completed using firearms. This is true when categorized by males (70.3%) and females (57.5%).

<table>
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<th>Percent</th>
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Myths and Facts About Suicide

**Myth #1:** No one can stop a suicide.

• **Fact:** If a young person gets the help they need, they are less likely to be suicidal again.

**Myth #2:** Confronting a person about suicide will only make them angry and increase the risk of suicide.

• **Fact:** Asking about suicide lowers anxiety, opens up communication, and reduces the risk of impulsive acts.

**Myth #3:** Suicidal people keep their plans to themselves.

• **Fact:** Most suicidal people communicate their intent at some point near their attempt.

**Myth #4:** Those who talk about suicide don’t do it.

• **Fact:** People who talk about suicide may try or even complete it.

**Myth #5:** Once a person decides to complete suicide, there is nothing anyone can do to stop them.

• **Fact:** Suicide is one of the most preventable kinds of death.

For more information, please visit:

- Alabama Department of Public Health: www.alabamapublichealth.gov
- Alabama Suicide Prevention and Resource Coalition: www.asparc.org
- American Association of Suicidology: www.suicidology.org
- American Foundation for Suicide Prevention: www.afsp.org
- CDC: https://www.cdc.gov/violenceprevention/suicide/fastfact.html

TOLL FREE HOTLINE NUMBER: 1-800-273-TALK (8255)