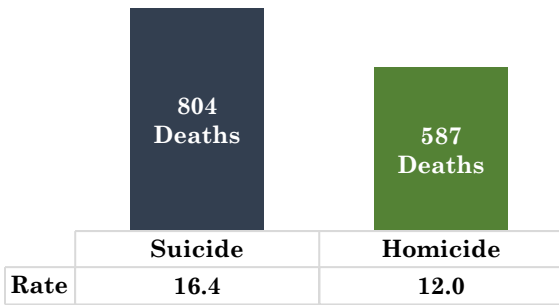


# The Facts: Suicide

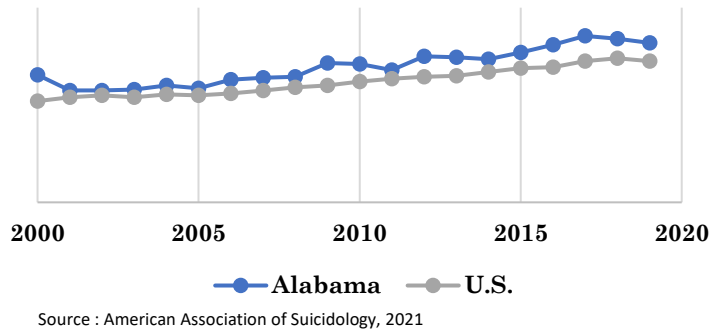
In the United States (U.S.), suicide is the **10th leading cause of death for all ages** and the **2nd leading cause of death for youth and young adults** between the ages of 10-34 (Centers for Disease Control and Prevention (CDC) 2021). According to CDC, a person dies of suicide every 11 minutes (CDC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

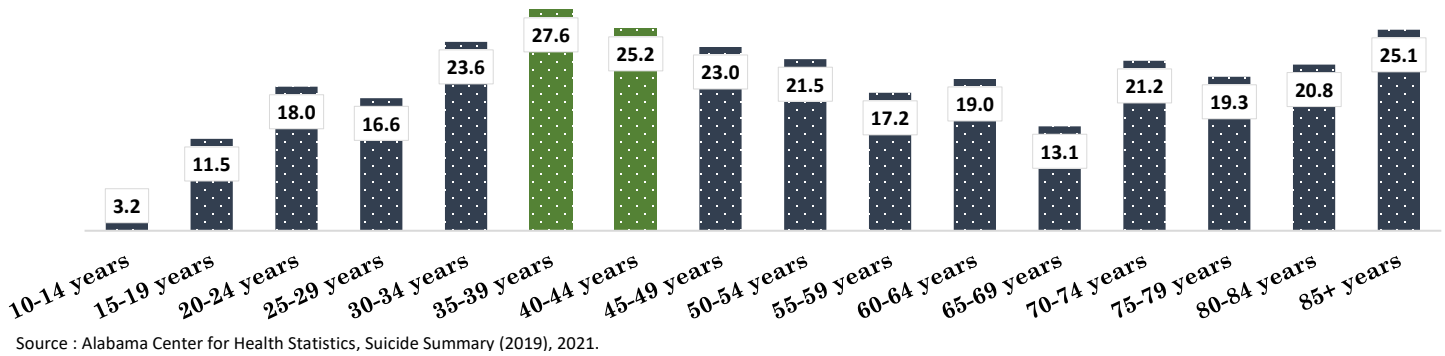
Alabama had a higher rate of suicides than homicides in 2019 (rates per 100,000 persons).



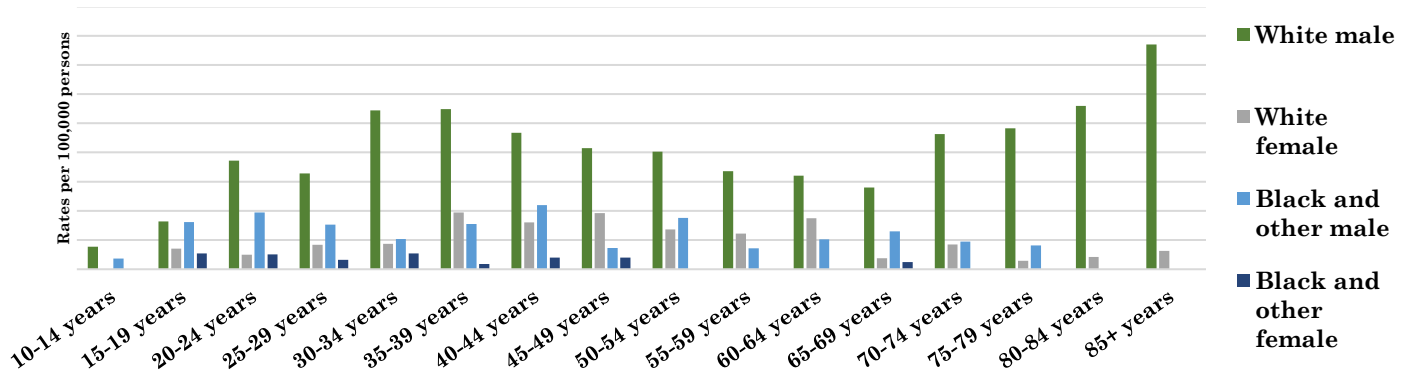
Suicide rates for Alabama have been consistently higher than the U.S. rates.



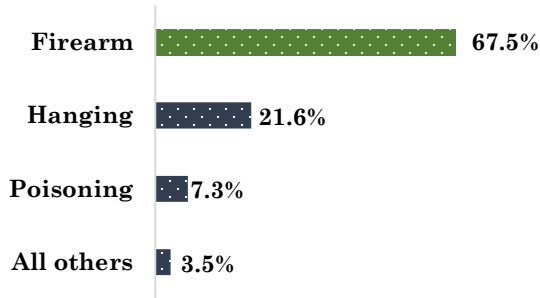
Suicide rates in Alabama were highest in 2019 for those age 35-39 years (27.6 per 100,000) and 40-44 years (25.2 per 100,000).



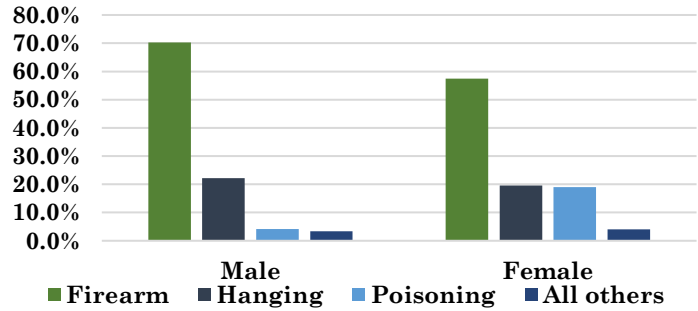
Suicide rates in Alabama are highest among white males but vary among age groups.



The majority of completed suicides in Alabama are by the use of a firearm (67.5%).



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



### 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.

### Risk Factors for Suicide

- Previous suicide attempt
- Current talk of suicide or making a plan
- Social isolation
- Alcohol or drug abuse
- Giving away prized possessions
- Mental illness
- Recent attempt by friend or family member
- Depression
- Feeling hopeless, helpless, or worthless
- Strong wish to die or preoccupied with death

*For more information, please visit:*

**Alabama Department of Public Health:**  
[www.alabamapublichealth.gov](http://www.alabamapublichealth.gov)

**Alabama Suicide Prevention and Resource Coalition:** [www.asparc.org](http://www.asparc.org)

**American Association of Suicidology:**  
[www.suicidology.org](http://www.suicidology.org)

**American Foundation for Suicide Prevention:**  
[www.afsp.org](http://www.afsp.org)

**CDC:**  
<https://www.cdc.gov/violenceprevention/suicide/fastfact.html>

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