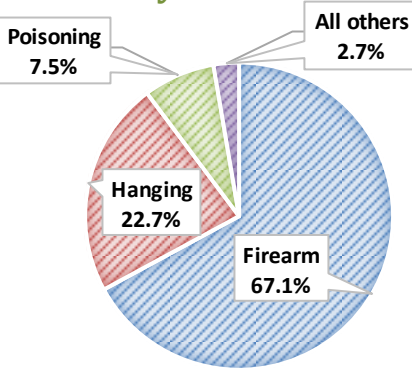


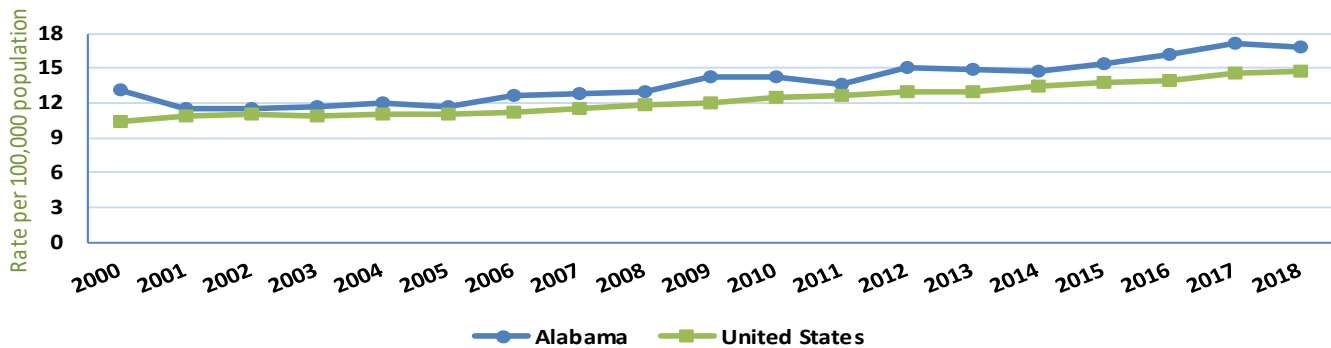
# Alabama Suicide Fact Sheet

## 2018 Alabama Suicide by Method



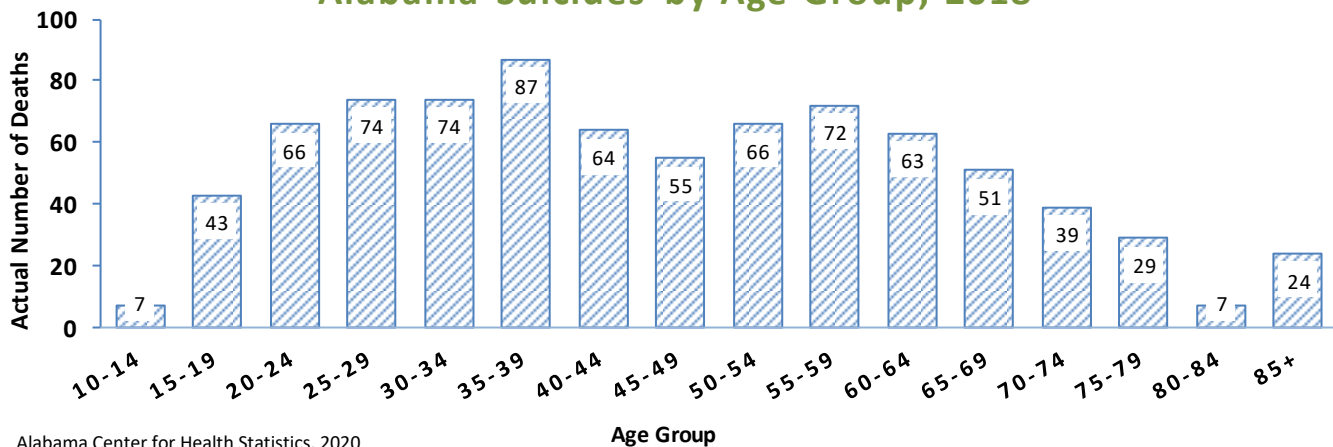
- ❖ Based on National 2018 death statistics, suicide is the **10<sup>th</sup> leading cause of death for all ages** and the **2<sup>nd</sup> leading cause of death for youth and young adults** between the ages of 10-34 years old (Centers for Disease Control and Prevention (CDC) 2020).
- ❖ A person dies by suicide every 11 minutes in the United States; and an estimated **1.4 million people attempted suicide** in the U.S. in 2018 (CDC 2020).
- ❖ Suicide was the **11<sup>th</sup> leading cause of death in Alabama** with 823 citizens lost to suicide in 2018, as compared to 567 deaths due to homicide.
- ❖ The majority of suicides completed in Alabama are by firearms (67.1 percent). This is also true when categorized by males (71.3 percent) and females (52.5 percent).

## Suicide Rates in United States and Alabama, 2000-Present



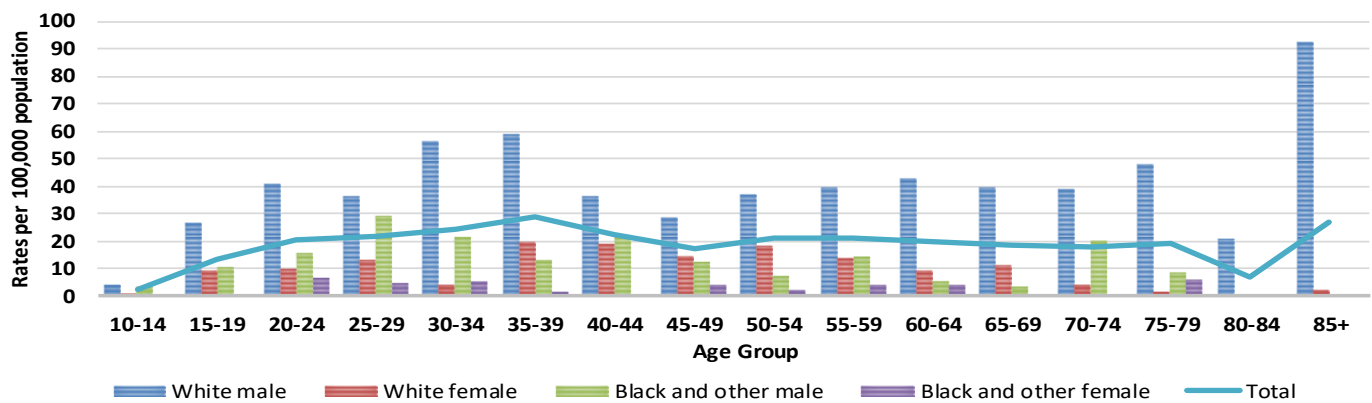
- ❖ The 2018 suicide rate in Alabama was **16.8 per 100,000 population**. Alabama has shown a pattern of **higher rates than the U.S. national average** since 1990, including the most recently available national rate of 14.8 per 100,000 population (American Association of Suicidology 2020).

## Alabama Suicides by Age Group, 2018



- ❖ In 2018, **116** youth and young adults between the ages of 10 and 24 died by suicide in 2018 with 66 of those deaths in young people ages 20-24. Suicide rates are **highest among White, non-Hispanic males**. Of the 823 suicides in Alabama, 721 were completed among the White, non-Hispanic population.

## Alabama Suicide Rates by Age, Race, and Sex, 2018



Alabama Center for Health Statistics, 2020

### Myths 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 risk of suicide.

• **Fact:** Asking about suicide lowers anxiety, opens up communication, and reduces 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.

**Myth #6:** Most suicides happen during the holidays.

• **Fact:** There are seasonal variations in suicide rates.

### *Risk Factors*

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

### *Protective Factors*

- Network of family or friends (social support)
- Marital Status
- Religiosity or Spirituality
- Reduced access to lethal means

### 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)

**Centers for Disease Control and Prevention:** <https://www.cdc.gov/violenceprevention/suicide/fastfact.html>

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

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