



## Alaska Suicide Facts and Statistics

- ❖ Alaska has one of the highest rates of suicide per capita in the country.
- ❖ The rate of suicide in the United States was 14 suicides per 100,000 people in 2018 (the most recent year available from the Centers for Disease Prevention and Control).
- ❖ Suicide is a serious public health issue in Alaska that affects all Alaskans, regardless of age, culture, race, region, or socio-economic background.
- ❖ In 2018, **Alaska's rate was 24.5 suicides per 100,000 people.**
- ❖ **Alaska had 1,728 suicides between 2009 and 2018** - an average of 173 deaths by suicide per year.
- ❖ Between 2009 and 2018, **79% of suicides in Alaska were by men and 21% were committed by women**, according to the Bureau of Vital Statistics.
- ❖ In 2018, **suicide was the leading cause of death for youth and young adults age 15 to 24 in Alaska, or a rate of 44.2 per 100,000.**
- ❖ Youth who are exposed to suicide or suicidal behaviors are more at-risk for attempting suicide, according to the American Association of Suicidology.
- ❖ Suicide deaths consistently outnumber homicide deaths by a margin of three to two, according to the American Association of Suicidology.
- ❖ More than **90% of people who die by suicide have depression or another diagnosable, treatable mental or substance abuse disorder**, according to American Association of Suicidology.

*Information is from the Alaska Bureau of Vital Statistics unless otherwise specified.*



## Suicide Warning Signs

These are common warning signs that someone is at risk of suicide:

- ❖ Threatening to hurt or kill him or herself, or talking about wanting to hurt or kill him or herself.
- ❖ Looking for ways to kill himself or herself by seeking access to firearms, pills or medications, or other means.
- ❖ Talking or writing about death, dying or suicide when these actions are out of the ordinary for the person.
- ❖ Acting recklessly or engaging in risky activities—seemingly without thinking.
- ❖ Experiencing dramatic mood changes.
- ❖ Expressing feelings of purposeless or seeing no reason for living.

*Information is from the American Association of Suicidology*

## Who is at Risk of Suicide?

The people most at risk of committing suicide are those who:

- ❖ Have attempted suicide in the past;
- ❖ Feel hopeless, worthless, trapped or intolerably alone;
- ❖ Have become isolated from friends, family, society and support systems;
- ❖ Have been exposed to the suicide of another person;
- ❖ Have increased their use of alcohol or are binge drinkers;
- ❖ Have a history of violent behavior;
- ❖ Are not receiving the mental health care they need; and/or
- ❖ Have a firearm or other means in the home.

*Information is from the American Association of Suicidology*



## Suicide Prevention Resources

**Help is available.** If you or anyone you know has talked about or considered suicide, seek help.

For toll-free confidential and caring help in Alaska, call Careline at **1-877-266-4357** or **1-800-273-8255**.

Visit the Careline website at [www.carelinealaska.com](http://www.carelinealaska.com) for suicide prevention information and resources like live online chat.

Call the National Suicide Prevention Lifeline toll-free at **1-800-273-TALK(8255)**. **Veterans, press 1** for qualified, caring Department of Veterans Affairs responders.

For veterans seeking help with post traumatic stress disorder or suicidal ideation, call the Vet2Vet Veterans Crisis Hotline at **1-877-838-2838** or go to [www.veteranscall.us](http://www.veteranscall.us).

The Trevor Project is a national suicide prevention hotline for lesbian, gay, bisexual, transgender, and questioning youth. Call **1-866-488-7386** or visit [www.thetrevorproject.org](http://www.thetrevorproject.org).

For information about the Statewide Suicide Prevention Council visit [www.hss.state.ak.us/suicideprevention](http://www.hss.state.ak.us/suicideprevention).

For national information on suicide prevention, intervention, research, education and training visit the American Association of Suicidology at [www.suicidology.org](http://www.suicidology.org).

For basic information, facts, and free tools and resources, visit the Suicide Prevention Resource Center at [www.sprc.org](http://www.sprc.org).