

What's Trending?

Youth Self-harm and Suicide



Suicide is the **SECOND** leading cause of death among ages 10-25¹



Firearms or suffocation are used in 90% of suicide deaths²



Boys and young men die by suicide at higher rates, across every race and age³



Girls and young women attempt suicide more often, using less lethal methods³



Historic gap in suicide fatality between genders is narrowing⁴

Suicide rate for US adolescents, ages 10-14

per 100,000 people

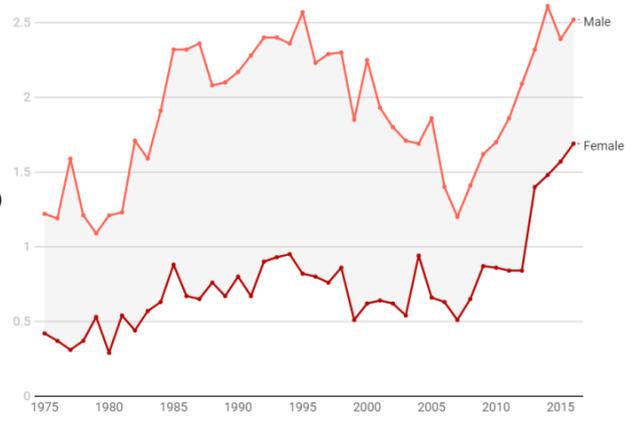


Chart: Elijah Wolfson for TIME • Source: JAMA Open Network • Get the data • Created with Datawrapper

Suicide rate for US adolescents, ages 15-19

per 100,000 people

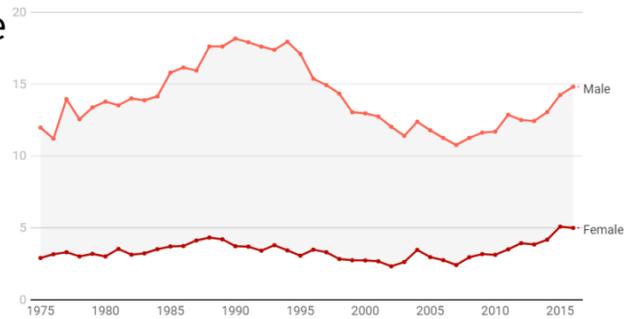
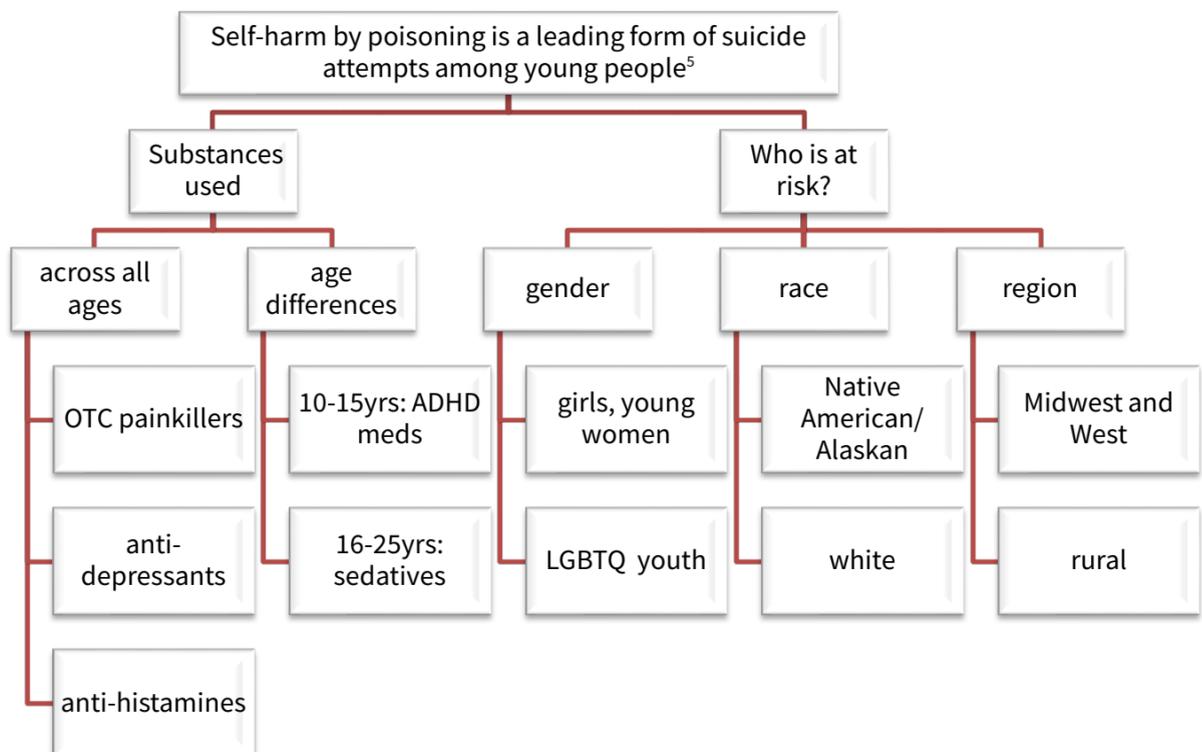


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Self-harm is strongly linked to suicide

1.6 MILLION SUICIDE ATTEMPTS BY SELF-POISONING, 2000 - 2008⁵



What communities can do

Create conditions that promote safety, strength, and resilience

Mental Health First Aid trainings

Reduce access to firearms and medications

Help identify individuals at risk through primary care screenings:

Patient Health Questionnaire (PHQ-9)
Adverse Childhood Experiences (ACEs)
SBIRT

Reduce stigma around suicidal behavior, mental health and substance use disorders

Help establish links

mental health ↔ substance misuse services
 mental health ↔ emergency departments

Improve access to culturally appropriate mental health services

Questions? Email: training@cadca.org

Disclaimer: CADCA's "What's Trending?" infographic series is solely intended as an informational resource for prevention practitioners and coalition members to become aware of the latest trends within the field. All data and statistics provided are properly sourced and cited.

¹ Hedegaard, H., et al. (2018). *Suicide mortality in the United States, 1999-2017* (Data Brief No. 330). Hyattsville, MD: National Center for Health Statistics. Retrieved from <https://www.cdc.gov/nchs/data/databriefs/db330-h.pdf>
² Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. (2019). *Fatal injury reports, national, regional and state, 1981 - 2017*. Retrieved from <https://webappa.cdc.gov/sasweb/ncipc/mortrate.html>
³ Spiller, H.A., et al. (2019). Sex- and age-specific increases in suicide attempts by self-poisoning in the United States among youth and young adults from 2000 to 2018. *The Journal of Pediatrics* 210, 201-208. doi:10.1016/j.jpeds.2019.02.045
⁴ Ruch, D.A., et al. (2019). Trends in suicide among youth aged 10 to 19 years in the United States, 1975 to 2016. *JAMA Network Open*, 2(5). doi:10.1001/jamanetworkopen.2019.3886
⁵ Spiller, H.A., et al. (2019). Suicide attempts by self-poisoning in the United States among 10-25 year olds from 2000 to 2018: Substances used, temporal changes and demographics. *Clinical Toxicology*. doi:10.1080/15563650.2019.1665182



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