

# FACTS ABOUT YOUTH SUICIDE



According to the 2017 Healthy Kids Colorado Survey of High School Youth:

## FACTORS THAT REDUCE RISK



31% felt sad or hopeless every day for 2+ weeks.



Relationships to Trusted Adults



13% made a suicide plan in the past 12 months.

Feeling Safe at School

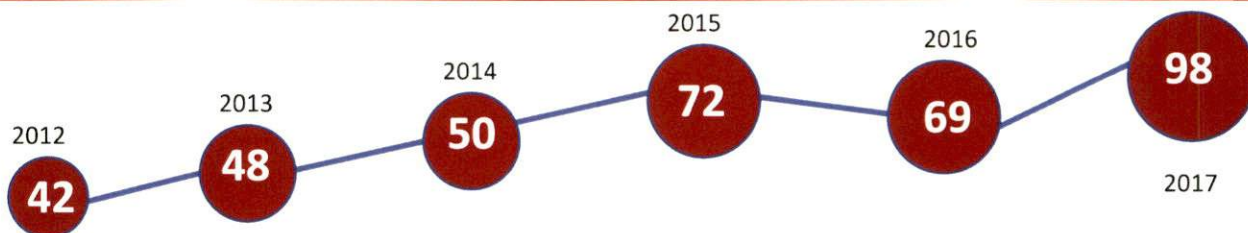


7% attempted suicide in the past 12 months.



Extracurricular Activities

## SUICIDE IS THE LEADING CAUSE OF DEATH IN YOUTH (10-19)



Source: Colorado Dept. of Public Health and Environment

## TOGETHER WE CAN PREVENT SUICIDE



**COLORADO**  
Department of Public Health & Environment

The **Office of Suicide Prevention (OSP)** is the lead state entity for suicide prevention and intervention and works with communities across Colorado. It reports annually to the Legislature.

The **Suicide Prevention Commission**, created by SB14-088, provides public/private leadership for suicide prevention and is advisory to OSP and makes recommendations for policies and programs.



The **Suicide Prevention Coalition of Colorado (SPCC)** is a statewide membership 501(c)(3) organization with a three-fold mission: to educate the community about suicide, promote collaboration, and advocate for policy at the state level.

In 2015, the suicide rate among adolescents aged 15-19 living in **rural counties** was nearly **twice the suicide rate** among adolescents aged 15-19 living in **large central metro counties**.

# FACTS ABOUT SUICIDE IN COLORADO (all ages)

# SPCC

Suicide Prevention Coalition of Colorado

## At a Glance

1,175 Coloradans died of suicide in 2017. Suicide was the 7<sup>th</sup> leading cause of death.

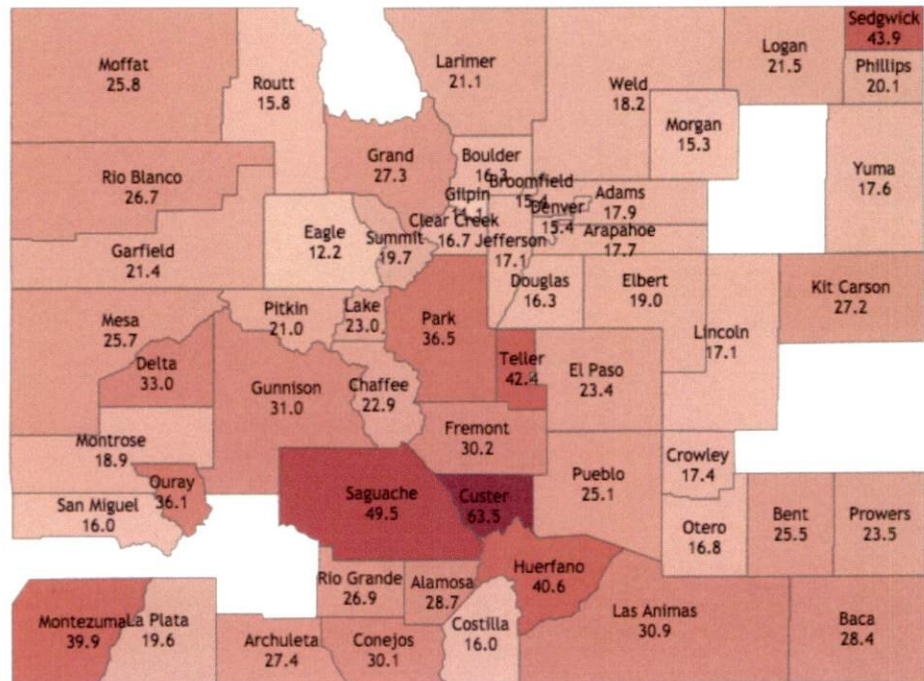
Men – especially of working age – are far more likely to die of suicide than women, but women are more likely to attempt suicide.

Colorado always ranks in the top 10 states for suicide deaths.

In 2017, death by suicide largely outnumbered deaths from opiates.

## Rural and Frontier Counties Tend to Have High Rates\* of Suicide

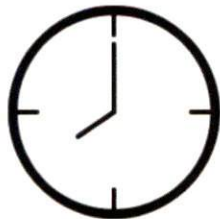
Age-adjusted rates per 100,000 population, County of Residence, 2013-2017



\*Urban counties have a greater number of suicides, though they have lower rates.

## SUICIDE IS THE 7<sup>TH</sup> LEADING CAUSE OF DEATH IN COLORADO

One Coloradan dies of suicide every 8 hours.



Recent research suggests that every suicide impacts **147** persons in some way and has a devastating effect on **6** persons.

Sources: Colorado Dept. of Public Health and Environment, the American Association of Suicidology, and the Centers for Disease Control and Prevention.

## HELP IS AVAILABLE 24/7

**COLORADO CRISIS  
SUPPORT LINE**  
844.493.TALK (8255)

Operated by Rocky Mountain Crisis Partners



TEXT "TALK" TO 38255

CHAT: WWW.COLORADOCRISISERVICES.ORG