

Suicide in Indiana 2017-2021



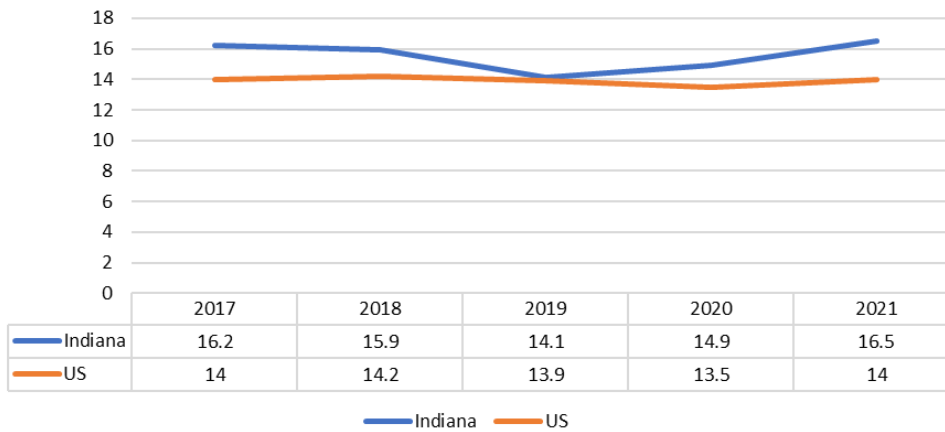
Each year since 2017, nearly 1,000 Indiana residents have died by suicide. You can help support individuals who may be struggling, their families, and the loved ones of those who have died by suicide, by being familiar with suicide prevention resources, being able to identify warning signs of suicide, reducing stigma, and learning more.

Indiana vs. National Suicide Rates

The graph below depicts rates of suicide among Indiana residents compared to the rest of the nation. Indiana's suicide rates are consistently higher than statistics of the U.S. as a whole. Since the start of COVID-19 in 2020, suicide rates in Indiana have climbed to a five-year high. Reducing suicide rates is a priority in *Healthy People 2030*; the target goal to reach by 2030 is 12.8 per 100,000 people.

Annual Suicide Rate per 100,000: 2017 - 2021

Vital Records 2017-2021: ICD-10 Codes X60-X84, Y87.0
CDC Vital Statistics



Resources

If you or someone you know is thinking about suicide, please reach out to one of the following resources, available 24/7.

- Call, text, or chat **988**
- Text "IN" to **741741**
- Text Trevor Lifeline at **678-678**, call at **1-866-488-7386**, or chat at www.thetrevorproject.org (LGBTQ+)
- Call **988** and select "1," text **838255** or chat at www.veteranscrisisline.net (Veterans, members of the armed forces, and their loved ones)

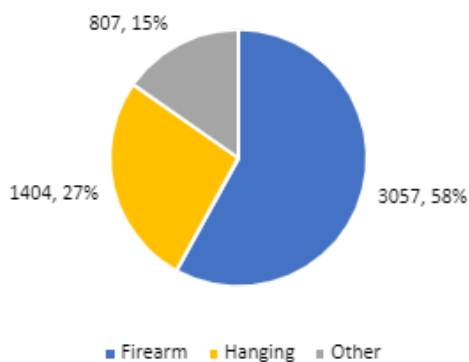
Suicide Warning Signs

- Talking about wanting to die or to never wake up
- Looking for means to end one's life or researching ways to end one's life
- Expressing feelings of hopelessness, feeling trapped, or being in unbearable pain
- Expressing feelings of guilt, shame, or of being a burden to others
- Increased alcohol or drug use
- Withdrawing from friends or family
- Displaying risky, reckless, or impulsive behavior
- Saying goodbye, giving away prized possessions, creating a will, or otherwise making preparations for death
- Increased anxiety, agitation, or displaying extreme shifts in mood
- Changes in eating or sleeping patterns

Suicide Facts: Indiana 2017-2021

- In Indiana, males are four times more likely to die by suicide than females
- Although the rate of suicide is highest among non-Hispanic White individuals, rates among non-Hispanic Black individuals and Hispanic/Latinx individuals have increased since 2019, from 8.1 to 10.2 per 100,000 deaths and from 5.6 to 6.7 per 100,000 deaths, respectively
- Suicide occurs more often among older adults. In 2021, the suicide rate for people age 85 and older was 29.2, followed by people ages 25-34 and people ages 35-44.
- On average, about 42 children ages 10-17 in Indiana die by suicide each year

Suicide Method: Indiana Vital Records 2017
2021: ICD-10 Codes X60-X84, Y870



Lethal Means

The most common means used in suicide deaths from 2017-2021 were firearms, accounting for 58% of all suicide deaths. Compared to other means, firearms tend to be more lethal with less opportunity for resuscitation. Safe storage can help keep a firearm from being used in a suicide. For more information on safe storage practices, please visit: [Safe Storage of Firearms \(aap.org\)](https://www.aap.org) or [Firearm Suicide Prevention & Lethal Means Safety - REACH \(va.gov\)](https://www.reach.virginia.gov).

Your Response

If you think someone may be at risk of harming themselves, ask them directly, "Are you thinking of suicide?" It is a myth that asking someone about suicide will make someone start thinking about suicide.

If you become aware that someone is thinking of suicide, contact one of the resources on the front of this page *with* them, take them to the nearest emergency room, call 911, or tell a trusted adult. Never keep suicidal thoughts a secret. There are resources available so you never have to help them alone.

**You matter. Call or text
988 for support 24/7.**

Suicide is Preventable

Through increased awareness, crisis intervention, timely treatment, and support from friends, families, and communities, suicide can be prevented. Help save a life by being able to recognize the warning signs of suicide and knowing what resources are available for help. For more information on the warning signs of suicide, managing a suicidal crisis, supporting loss survivors, suicide prevention trainings, and more, visit: indianasuicidepreventionnetwork.org.

For additional information, contact
**Caitlyn Short, Mental and Behavioral Health Fatality
Prevention Program Director, at cshort1@health.in.gov.**

