



Minority groups and suicide

Racial and Ethnic Disparities

Understanding racial and ethnic differences in rates of suicidal ideation, suicide attempts, and suicide deaths is essential for more effectively directing suicide prevention efforts. Racial and ethnic groups differ in their access to culturally appropriate behavioral health treatment, experiences of discrimination and historical trauma, and other factors that may be related to suicide risk. At the same time, our understanding of racial and ethnic differences in suicide and suicidal behaviors is limited by underreporting and other limitations in data collection systems.

Some groups have higher rates of suicide than others

Suicide rates vary by race/ethnicity, age, and other population characteristics, with the highest rates across the life span occurring among non-Hispanic American Indian/Alaska Native and non-Hispanic White populations.⁵ Other Americans disproportionately impacted by suicide include Veterans and other military personnel and workers in certain occupational groups like construction and the arts, design, entertainment, sports, and media fields.^{5,6} Sexual minority youth bear a large burden as well, and experience increased suicidal ideation and behavior compared to their non-sexual minority peers. – Center for Disease Control

To find data on specific populations, click on the following links:

- [SAMHSA Behavioral Health Equity](#)
- [American Indian and Alaska Native Populations](#)
- [Asian, Native Hawaiian, and Other Pacific Islander Populations](#)
- [Black Populations](#)
- [Hispanic Populations](#)
- [White Populations](#)

LGBTQ+ and Suicide

Like other minority groups, people who are lesbian, gay, bisexual, and/or transgender (LGBT) may experience prejudice and discrimination. The LGBTQ+ community is diverse and strong, but may be disproportionately at-risk for suicidal feelings and other mental health struggles because of the discrimination and prejudice they too often are up against.

To find data on LGBTQ+ population and suicide visit: [The Trevor Project](#).

Learn more: [Suicide Prevention Resource Center](#)

The American Association of Suicidology believes we need focus on suicide prevention every day, of every year. Learn more: [What is Suicidology?](#)

If you are in crisis, call...

- Call 1-800-273-TALK (8255)
- En español: 1-888-628-9454
- TTY: 1-800-799-4TTY (4889)
- [Oregon County Crisis Hotlines](#)
- [National Crisis Hotlines](#)
- [Veterans Crisis Line](#)