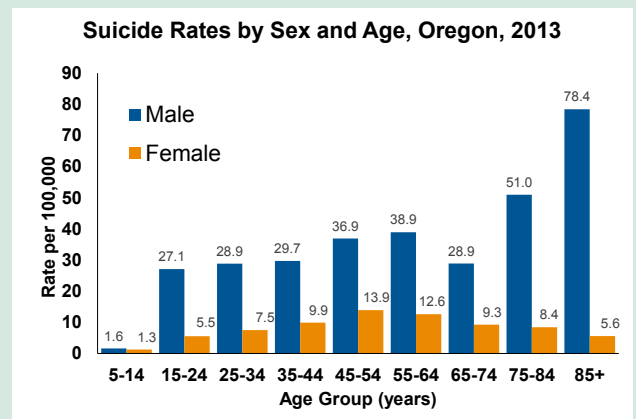


Basic Facts

- Suicide is preventable.
- On average, 2 Oregonians die every day by suicide.
- Suicide is the 2nd leading cause of death among people 5–34 years of age and the 9th leading cause of death overall in Oregon.
- Rates of suicide in Oregon have been higher than the US for the past 30 years. Oregon ranks in the top 10 among states for suicide incidence.
- The highest rates of suicide in Oregon occurs among white males and veterans; one in five suicides occurs among veterans.
- Approximately 70 percent of persons who died by suicide in 2013 had a diagnosed mental disorder, alcohol and /or substance use problems, or depressed mood at the time of death.
- 1 in 6 teenagers (8th graders) have had serious thoughts of suicide in the last year.

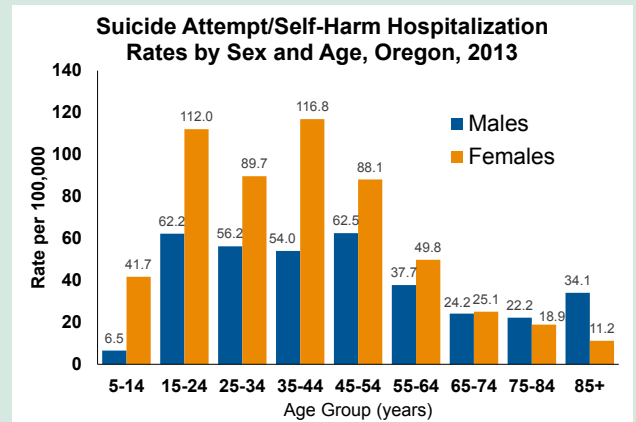
Suicide deaths in 2013:

- The rate of suicide was 17.7 per 100,000 in 2013.
- 4 in 5 suicides (76%) occurred among males.
- The rate of suicide among males was 27.6 per 100,000 while females had a rate of 8.1 per 100,000.
- The highest suicide rates occurred among males aged 85 years and older, while among females the highest rate occurred among 45-54 year olds.
- 56% of all suicides involved a firearm.



Suicide attempt hospitalizations in 2013:

- The age-adjusted rate of hospitalization for suicide attempts for suicide attempts was 54.6 per 100,000 Oregonians (2,146 hospitalizations).
- Overall females accounted for 63% of suicide attempt hospitalizations. Females had a rate of 68.0 per 100,000 and males had a rate of 40.9 per 100,000.



Where can you get help?

National Suicide Prevention Lifeline (call 24/7): 1-800-273-TALK

For more information: Oregon Youth Suicide Prevention Program: <http://1.usa.gov/1w147s5>. Program contact: Donna Noonan, donna.noonan@state.or.us

Suicide Prevention Resource Center (SPRC): www.sprc.org

- The highest suicide attempt hospitalization rates occur among females 35–44 and 15–24 years of age.
- 90% of suicide attempt hospitalizations involved poisoning (overdose); 2.2% involved firearms.

Data sources: Oregon Center for Health Statistics, Oregon Violent Death Reporting System, Oregon Hospital Discharge Index, Oregon Healthy Teen Survey, Oregon Behavioral Risk Factor Survey, National Household Survey of Drug Use