



Alaska Suicide Facts and Statistics

- ⌘ Alaska has the highest rate of suicide per capita in the country.
- ⌘ The rate of suicide in the United States was 12.0 suicides per 100,000 people in 2009 (the most recent year available from the Centers for Disease Prevention and Control).
- ⌘ In 2010, **Alaska's rate was 22.6 suicides per 100,000 people.**
- ⌘ **Alaska had 1,389 suicides between 2001 and 2010** - an average of 139 deaths by suicide per year.
- ⌘ At least one suicide occurred in **176 Alaskan communities** between 2000 and 2009.
- ⌘ In 2010, **79% of suicides in Alaska were by men** and 21% were committed by women, according to the Bureau of Vital Statistics.
- ⌘ Alaska Native men between the ages of 15-24 have the highest rate of suicide among any demographic in the country, with an average of **141.6 suicides per 100,000 each year between 2000 and 2009.**
- ⌘ Youth who are exposed to suicide or suicidal behaviors are more at-risk for attempting suicide, according to the American Association of Suicidology.
- ⌘ Suicide deaths consistently outnumber homicide deaths by a margin of three to two, according to the American Association of Suicidology.
- ⌘ More than **90% of people who die by suicide have depression or another diagnosable, treatable mental or substance abuse disorder**, according to American Association of Suicidology.

Information is from the Alaska Bureau of Vital Statistics unless otherwise specified.



Suicide Warning Signs

These are common warning signs that someone is at risk of suicide:

- ❖ Threatening to hurt or kill him or herself, or talking about wanting to hurt or kill him or herself.
- ❖ Looking for ways to kill himself or herself by seeking access to firearms, pills or medications, or other means.
- ❖ Talking or writing about death, dying or suicide when these actions are out of the ordinary for the person.
- ❖ Acting recklessly or engaging in risky activities—seemingly without thinking.
- ❖ Experiencing dramatic mood changes.
- ❖ Expressing feelings of purposeless or seeing no reason for living.

Information is from the American Association of Suicidology

Who is at Risk of Suicide?

The people most at risk of committing suicide are those who:

- ❖ Have attempted suicide in the past;
- ❖ Feel hopeless, worthless, trapped or intolerably alone;
- ❖ Have become isolated from friends, family, society and support systems;
- ❖ Have been exposed to the suicide of another person;
- ❖ Have increased their use of alcohol or are binge drinkers;
- ❖ Have a history of violent behavior;
- ❖ Are not receiving the mental health care they need; and/or
- ❖ Have a firearm or other means in the home.

Information is from the American Association of Suicidology



Suicide Prevention Resources

Help is available. If you or anyone you know has talked about or considered suicide, seek help.

For toll-free confidential and caring help in Alaska, call Careline at **1-877-266-4357** or **1-800-273-8255** or **907-2LISTEN (254-7836)**.

Visit the Careline website at www.carelinealaska.com for suicide prevention information and resources like live online chat.

Call the National Suicide Prevention Lifeline toll-free at **1-800-273-TALK(8255)**. **Veterans, press 1** for qualified, caring Department of Veterans Affairs responders.

For veterans seeking help with post traumatic stress disorder or suicidal ideation, call the Vet2Vet Veterans Crisis Hotline at **1-877-838-2838** or go to www.veteranscall.us.

The Trevor Project is a national suicide prevention hotline for lesbian, gay, bisexual, transgender, and questioning youth. Call **1-866-488-7386** or visit www.thetrevorproject.org.

For information on the State of Alaska's suicide prevention efforts visit www.stopsuicidalaska.org.

For information about the Statewide Suicide Prevention Council visit www.hss.state.ak.us/suicideprevention.

For national information on suicide prevention, intervention, research, education and training visit the American Association of Suicidology at www.suicidology.org.

For basic information, facts, and free tools and resources, visit the Suicide Prevention Resource Center at www.sprc.org.