

# INDIAN HEALTH SERVICE

**SUICIDE PREVENTION**





# Suicide is Preventable, and Help is Available

If you or someone you know is suicidal,  
**text or call 988**  
and be connected with a trained counselor.

Suicide is death caused by injuring oneself with the intent to die. A suicide attempt is when someone harms themselves with any intent to end their life, but they do not die as a result of their actions.

Being connected to family and community support and having easy access to health care can decrease suicidal thoughts and behaviors.

Source: <https://www.cdc.gov/suicide/facts/index.html>



## SUICIDE STATISTICS

Veterans, people who live in rural areas, sexual and gender minorities, middle-aged adults, and tribal populations may disproportionately experience factors linked to suicide.

**AI/AN** have the highest suicide rates in 2020 with 23.9 per 100,000.

Suicide is the **9th leading cause of death** among AI/AN people.

Suicide rates in **rural areas** are highest among AI/AN males (59.6 per 100,000)



## SUICIDE PREVENTION

Many factors can reduce risk for suicide. A range of factors at the individual, relationship, community, and societal levels can protect people from suicide. Everyone can help prevent suicide. We can take action in communities and as a society to support people and help protect them from suicidal thoughts and behavior.

### Individual Protective Factors

- These personal factors protect against suicide risk:
- Effective coping and problem-solving skills
  - Reasons for living (example, family, friends, pets, etc.)
  - Strong sense of cultural identity

### Relationship Protective Factors

- These healthy relationship experiences protect against suicide risk:
- Support from partners, friends, and family
  - Feeling connected to others

### Community Protective Factors

- These supportive community experiences protect against suicide risk:
- Feeling connected to school, community, and other social institutions
  - Availability of consistent and high quality physical and behavioral healthcare

### Societal Protective Factors

- These cultural and environmental factors within the larger society protect against suicide risk:
- Reduced access to lethal means of suicide among people at risk
  - Cultural, religious, or moral objections to suicide

## IN 2020

45,979 people died by suicide in the U.S.

That is **1 death every 11 minutes.**

**12.2 million** adults seriously thought about suicide

**3.2 million** adults made a plan

**1.2 million** adults attempted suicide

Source: <https://www.cdc.gov/suicide/factors/index.html>

Source: [www.cdc.gov/suicide/suicide-data-statistics.html](http://www.cdc.gov/suicide/suicide-data-statistics.html)

# IHS INJURY PREVENTION

## Our Mission

Raise the health status of American Indians and Alaska Natives to the highest possible level by decreasing the incidence of severe injuries and death to the lowest possible level and increasing the ability of tribes to address their injury problems.

## About IHS Injury Prevention

We are the lead IHS program to address the injury disparities in AI/AN communities. Our widely-recognized program works with tribes and partners to reduce the disproportionate impact of injuries on Indian people.



Indian Health Service  
5600 Fishers Lane  
Rockville, MD 20857

For more information about suicide prevention, visit our website at [www.ihs.gov/injuryprevention/](http://www.ihs.gov/injuryprevention/) or scan the QR code.

