

HOW SUICIDE AFFECTS DIFFERENT GROUPS

National Suicide Prevention Month is recognized in the United States each September. Suicide is a growing public health problem and can affect any group of people, though it may look different for each individual community based on a variety of risk factors, such as family history of mental health conditions, depression or other

mental health disorders, family violence, substance use and others. At Centerstone, we work year-around to prevent suicide and to connect people to mental health treatment and resources, no matter who they are or which communities they belong to. Remember, suicide is preventable and we can all do our part to help!

LGBTQ+ AND SUICIDE:

- LGB youth are 3-5 times more likely than heterosexual youth to attempt suicide.
- 40% of transgender adults have made a suicide attempt.
- 92% of transgender adults who have attempted suicide did so before turning 25.
- LGB youth with highly rejecting families are 8.4 times more likely to attempt suicide than those with low levels of family rejection.
- Each occurrence of LGBT victimization makes these individuals 2.5 times more likely to self-harm.

40%

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541

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MILITARY MEMBERS AND SUICIDE:

- In 2018, 541 active duty and reserve military service members died by suicide.
- The average suicide rate for active duty is 24.8 suicides per 100,000 individuals.
- In the reserves, the suicide rate is 22.9 per 100,000.
- In the National Guard, the suicide rate is 30.6 per 100,000, considerably higher than the national average.
- Military suicides are most prevalent among males under 30 years old.

BIPOC AND SUICIDE:

- Non-Hispanic American Indian/Alaskan Natives have the highest rate of suicide among the different racial and ethnic groups in the U.S., at 22.1 per 100,000.
- Suicide is the second leading cause of death among Black Americans ages 15-24.
- Suicide is the leading cause of death among Asian Americans ages 15-24.
- Suicide is the 2nd leading cause of death among Hispanic Americans ages 15-34.
- For females in grades 9-12, compared to White Americans, Black Americans are 70% more likely to attempt suicide, Asian Americans 20% more likely and Hispanic Americans 40% more likely.

15-24

Suicide is the leading cause of death among Asian Americans ages 15-24.

Resources for additional information on suicide:

Centerstone: centerstone.org/suicide

National Suicide Prevention Lifeline: suicidepreventionlifeline.org

The Trevor Project: thetrevorproject.org

Military One Source: militaryonesource.mil

U.S. Department of Health and Human Services Office of Minority Health: minorityhealth.hhs.gov

National Alliance on Mental Illness (NAMI): nami.org

If you are experiencing a crisis, call the **National Suicide Prevention Lifeline at 1-800-273-8255**. If you want to talk to a mental health professional, call **Centerstone at 1-877-HOPE123 (877-467-3123)** or visit us at centerstoneconnect.org for more information.

About Us: Centerstone is a not-for-profit health system providing mental health and substance use disorder treatments. Services are available nationally through the operation of outpatient clinics, residential programs, the use of telehealth and an inpatient hospital. Centerstone also features specialized programs for the military community, therapeutic foster care, children's services and employee assistance programs. Centerstone's Research Institute provides guidance through research and technology, leveraging the best practices for use in all our communities. Centerstone's Foundation secures philanthropic resources to support the work and mission of delivering care that changes people's lives.