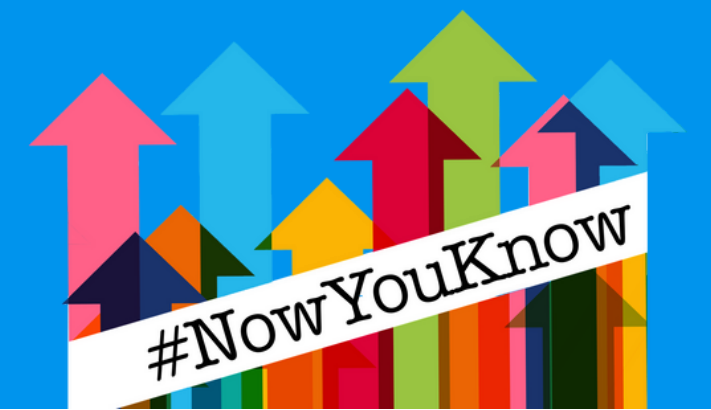




# SUICIDE IN SOUTHWEST CT



## SUICIDE

**!** IS THE **10TH** LEADING CAUSE OF DEATH IN THE U.S.  
&  
**11TH** LEADING CAUSE OF DEATH IN CT

SUICIDE IS THE **2ND** LEADING CAUSE OF DEATH AMONG **10 - 34 YEAR OLDS**  
& THE **4TH** LEADING CAUSE OF DEATH AMONG **35 - 54 YEAR OLDS**

### THE COVID-19 PANDEMIC HAS INCREASED SUICIDE IDEATION

IN 2020, **11% OF ADULTS** (18 & OVER) REPORTED  
SUICIDE IDEATION IN THE **PAST MONTH**  
WHEREAS IN 2019, **4.5% OF ADULTS** REPORTED  
SUICIDE IDEATION IN THE **PAST YEAR**



### HIGHEST RISK DEMOGRAPHICS

**26%** YOUNG ADULTS (18 - 25)    **22%** ESSENTIAL WORKERS

## 2020 SW CT SUICIDE DEATHS

# 51

*There was a sharp decline in suicide deaths in SW CT in 2020  
However, 13 out of 14 towns experienced loss from suicide*

STAMFORD	12
NORWALK	8
BRIDGEPORT	5

**MOST SUICIDE DEATHS DURING THIS TIME OCCURRED IN INDIVIDUALS 25 YEARS OLD & OLDER**



## 2015 - 2019 SW CT SUICIDE DEATHS

# 239



## 2020 CT SUICIDE DEATHS

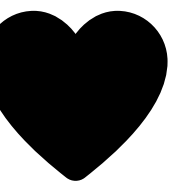
# 359

278 MEN 81 WOMEN

## SUPPORT & RESOURCES

Prevent Suicide CT  
(Includes suicide prevention & postvention resources)

AFSP - CT Out of the Darkness

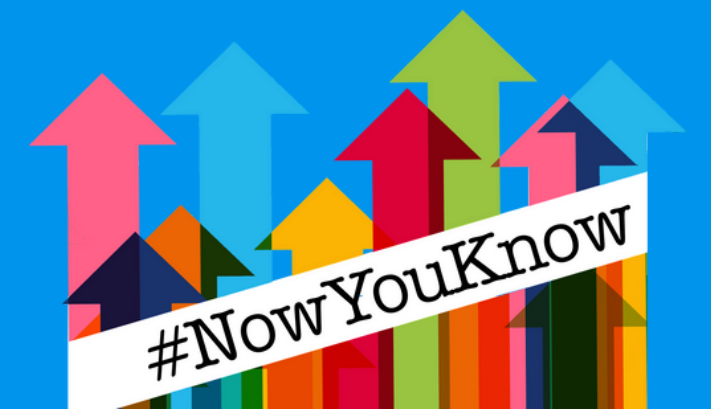


Regional Suicide Advisory Board  
(contact [info@thehubct.org](mailto:info@thehubct.org) for more info)

Resource Guides, Free Support Group Lists, Suicide Trainings, Crisis & Warm Lines, and more are available at [The Hub](https://thehubct.org)



# SUICIDE IN SOUTHWEST CT



## GET THE FACTS



- 20 - 40% of overdose deaths are suicides
- Children who lose a parent to suicide have a 4x higher risk of dying by suicide
- People who attempt suicide and survive can sometimes experience serious injuries which can have long term health effects
- Suicide impacts the health of the community and loved ones around the individual. Family and friends experience many emotions, including shock, guilt, and depression. Postvention efforts should be taken after any suicide deaths to minimize the possibility of a contagion effect

**POPULATIONS AT RISK INCLUDE:  
YOUTH & YOUNG ADULTS, NON-  
HISPANIC INDIGENOUS/ALASKA NATIVES,  
VETERANS & MILITARY PERSONNEL, AND  
LGBTQIA+ INDIVIDUALS**



## CRISIS & WARM LINES

**National Suicide Prevention Lifeline: 1-800-273-TALK**

**National Crisis Text Line: 741741**

**Network (ACTION) Line: 800-467-3135**

**Kids in Crisis: 203-661-1911**

**Trevor Project: 866-488-7386**

**CT Behavioral Health Warmline: 877-552-8247**

**JoinRiseBe Warmline: 855-6-HOPENOW**

