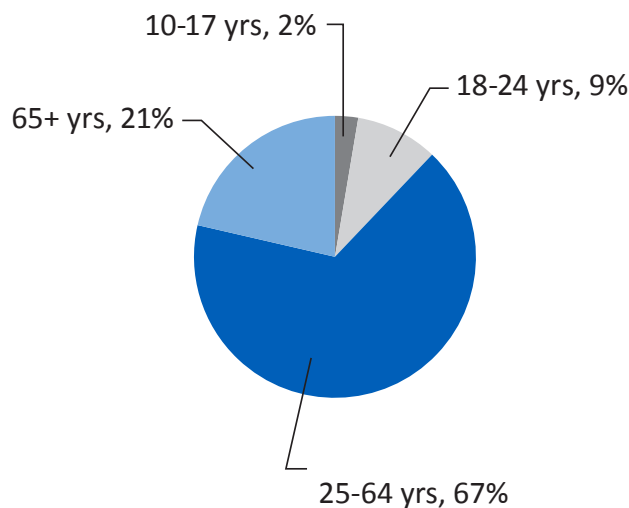


OVERALL IMPACT

- There were 4,439 suicides in 2019
- 11.0 suicides per 100,000 people
- There were more than twice as many suicides as homicides
- Of every 3 violent deaths, 2 of them were by suicide

AGE



MILITARY SERVICE

- 15% had served in the United States Armed Forces

SUBSTANCE ABUSE

18%
had a known alcohol dependence or alcohol problem

18%
had a non-alcohol related substance abuse problem

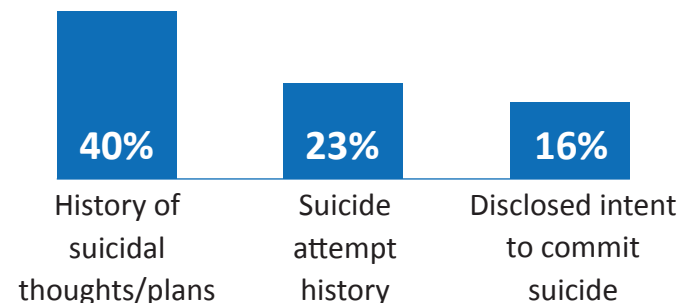
SUICIDES BY SEX, RACE AND ETHNICITY

- Most of those who died by suicide were male (78%)
- Most suicide death occurred among people who were White (63%) or Hispanic (21%)
- The highest rates were among people who were White (18.9 per 100,000) or Native American (13.3 per 100,000)

METHOD OF INJURY

	Female	Male
Firearm	17%	41%
Hanging/Suffocation	36%	35%
Poisoning	31%	10%
Other	16%	14%

SUICIDE-SPECIFIC CIRCUMSTANCES



MENTAL HEALTH

49%
had a known mental health problem

24%
had a history of mental health/substance abuse treatment

OTHER CIRCUMSTANCES SURROUNDING DEATH

18%
had a problem with a current or former intimate partner

18%
had physical health problems

15%
had a recent or impending life crisis

10%
had financial and/or job problems

RESOURCES



KNOW THE SIGNS. Every day in California friends, family and co-workers struggle with emotional pain. And, for some, it's too difficult to talk about the pain, thoughts of suicide, and the need for help. Everyone can play a role in suicide prevention by learning the warning signs of suicide, finding the words to reach out to a loved one, and knowing where to turn for help. Visit www.suicideispreventable.org to learn more about suicide prevention.

The Centers for Disease Control (CDC), [Preventing Suicide: A Technical Package of Policy, Programs, and Practices](#).

NATIONAL SUICIDE PREVENTION HOTLINE 1-800-273-TALK (8255)

Chat also available at SuicidePreventionLifeline.org or text 741741.

NOTES ON CaIVDRS DATA

- Thirty counties participated in CaIVDRS data collection for 2019 deaths: Amador, Butte, Colusa, Fresno, Glenn, Humboldt, Imperial, Kern, Kings, Lake, Lassen, Los Angeles, Marin, Modoc, Mono, Orange, Placer, Sacramento, San Benito, San Francisco, San Mateo, Santa Cruz, Shasta, Siskiyou, Solano, Sonoma, Tehama, Trinity, Ventura, and Yolo Counties. Together, the CaIVDRS counties represent 56% of the suicide deaths that occurred in 2019 in California and cover a mix of both urban and rural counties across the state.
- Data regarding the circumstances surrounding the death are reported as a percentage of deaths with at least one known circumstance; circumstances were known for 88% of abstracted suicide deaths in the 30 CaIVDRS counties.
- Circumstances contributing to the suicide are not mutually exclusive, and more than one can be indicated for a single suicide death.

DATA SOURCES

- California Violent Death Reporting System (CaIVDRS), Injury and Violence Prevention Branch, Center for Healthy Communities, California Department of Public Health (CDPH), and California Comprehensive Master Death File (CCMDF), CDPH.
- Suicides are identified in the CCMDF as an underlying cause of death with ICD-10 codes X60-X84 or Y87.0.

CaIVDRS is supported by a grant funded by the Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. CDC Grant Number (5 NU17CE924854).

For more information on CaIVDRS and/or suicide prevention please contact IVPB@cdph.ca.gov or Suicide.prevention@cdph.ca.gov.

Scan to provide feedback!



<https://tinyurl.com/CaIVDRS>

NATIONAL SUICIDE PREVENTION HOTLINE: 1.800.273.TALK (OR TEXT 741741)