OVERALL IMPACT

- There were 4,497 suicides in 2018
- 11.3 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

SUICIDES BY SEX, RACE AND ETHNICITY

- Most of those who died by suicide were male (78%)
- Most suicide death occurred among Whites (62%) and Hispanics (22%)
- The highest rates (per 100,000 population) were among Whites

MILITARY SERVICE

- 16% had served in the United States Armed Forces

METHOD OF INJURY

- Female
- Male

<table>
<thead>
<tr>
<th>Method</th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Firearm</td>
<td>17%</td>
<td>42%</td>
</tr>
<tr>
<td>Hanging/Suffocation</td>
<td>38%</td>
<td>36%</td>
</tr>
<tr>
<td>Poisoning</td>
<td>31%</td>
<td>10%</td>
</tr>
<tr>
<td>Other</td>
<td>14%</td>
<td>12%</td>
</tr>
</tbody>
</table>

SUICIDE-SPECIFIC CIRCUMSTANCES

- History of suicidal thoughts/plans: 38%
- Suicide attempt history: 22%
- Disclosed intent to commit suicide: 20%

SUBSTANCE ABUSE

- 15% had a known alcohol dependence or alcohol problem
- 17% had a non-alcohol related substance abuse problem

MENTAL HEALTH

- 47% had a known mental health problem
- 25% had a history of mental health/substance abuse treatment

OTHER CIRCUMSTANCES SURROUNDING DEATH

- 18% had a problem with a current or former intimate partner
- 17% had physical health problems
- 15% had a recent or impending life crisis
- 12% had financial and/or job problems

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

- California Violent Death Reporting System (CalVDRS), Injury and Violence Prevention Branch, Center for Healthy Communities, California Department of Public Health (CDPH), and California Comprehensive Master Death File (CCMDF), CDPH.
- CalVDRS 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 CalVDRS and/or suicide prevention please contact IVPB@cdph.ca.gov or Suicide.prevention@cdph.ca.gov.

**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 CalVDRS DATA**

- In 2018, 21 counties participated in CalVDRS enhanced data collection, including: Amador, Butte, Fresno, Humboldt, Imperial, Kern, Kings, Lake, Los Angeles, Marin, Mono, Placer, Sacramento, San Benito, San Diego, San Francisco, San Mateo, Shasta, Siskiyou, Ventura, and Yolo Counties. Together, the CalVDRS counties represent 54% of the suicide deaths that occurred in 2018 in California and cover a mix of both urban and rural counties across the state.
- Circumstance data are reported as a percentage of deaths with at least one known circumstance; circumstances were known for 90% of abstracted suicide deaths in the 21 CalVDRS counties.
- Circumstances contributing to the suicide are not mutually exclusive, and more than one can be indicated for a single suicide death.