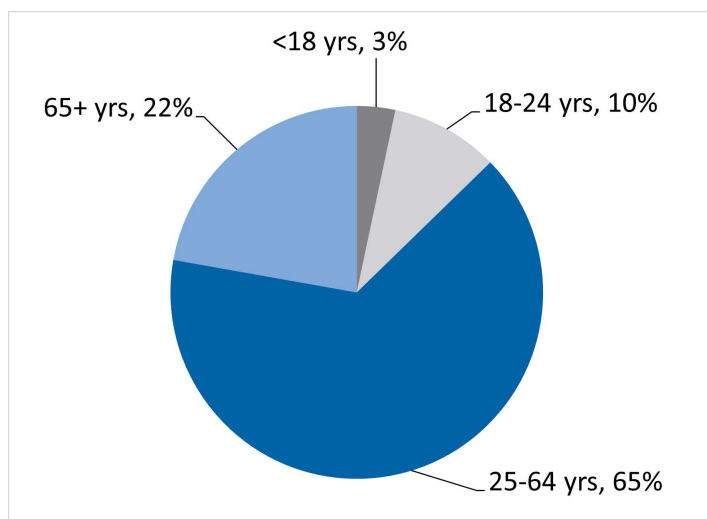


OVERALL IMPACT

- There were 4,143 suicides in 2020
- 10.4 suicides per 100,000 people
- There were nearly twice as many suicides as homicides
- 60% of violent deaths 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

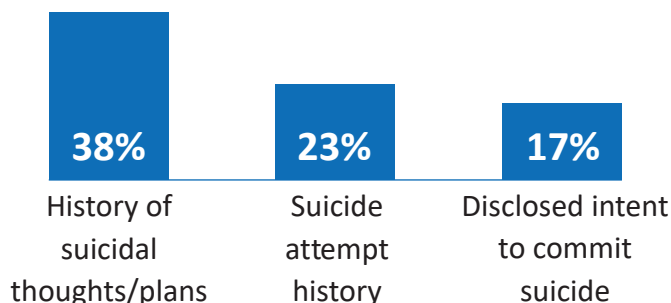
SUICIDES BY SEX, RACE AND ETHNICITY

- Most of those who died by suicide were male (78%)
- Most suicide death occurred among people who were White (61%) or Hispanic (23%)
- The highest rate was among people who were White (16.7 per 100,000)

METHOD OF INJURY

	Female	Male
Firearm	19%	43%
Hanging/Suffocation	38%	35%
Poisoning	28%	9%
Other	16%	14%

SUICIDE-SPECIFIC CIRCUMSTANCES



MENTAL HEALTH SUBSTANCE ABUSE

52%

had a known mental health problem

24%

had a history of mental health/substance abuse treatment

OTHER CIRCUMSTANCES SURROUNDING DEATH

17%

had a problem with a current or former intimate partner

18%

had physical health problems

22%

had a recent or impending life crisis

10%

had financial and/or job problems

4%

experienced effects of the COVID-19 pandemic that contributed to their death

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.

[Preventing Suicide: A Technical Package of Policy, Programs, and Practices.](#)

[National Suicide & Crisis Lifeline: CALL OR TEXT 988](#)

Chat also available at 988lifeline.org/chat.

NOTES ON CaIVDRS DATA

- 34 counties participated in CaIVDRS data collection for 2020 deaths: Amador, Butte, Colusa, Contra Costa, Fresno, Glenn, Humboldt, Imperial, Kern, Kings, Lake, Lassen, Los Angeles, Marin, Mendocino, Merced, Modoc, Mono, Orange, Placer, Sacramento, San Benito, San Diego, San Francisco, San Mateo, Santa Cruz, Shasta, Siskiyou, Sonoma, Stanislaus, Tehama, Trinity, Ventura, and Yolo Counties. These counties represent 69% of the suicide deaths that occurred in 2020 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 90% of abstracted suicide deaths in the 34 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), California Comprehensive Master Death File (CCMDF), CDPH, 2020, and California Department of Finance, Report P-3: State and County Population Projections, 2010-2060.
- Suicides are identified in the CCMDF as an underlying cause of death with ICD-10 codes X60-X84, Y87.0, U03.0, or U03.9.

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For more information on CaIVDRS and/or suicide prevention please contact

CaIVDRS@cdph.ca.gov or Suicide.Prevention@cdph.ca.gov.

Scan to provide
feedback!



<https://tinyurl.com/CaIVDRS20>