Overview

- In 2014, 38,675 Caucasian Americans died by suicide. This number accounts for the vast majority of the 42,772 suicides in the US that year. The overall rate per 100,000 was 15.43.¹

- According to the CDC, the rate of Caucasian suicides has climbed since 1999. Over fifteen years, the rate has risen from 11.50 per 100,000 to 15.43.¹

- In 2015, researchers released data showing that there were more suicides among African American children ages 5 to 11 than among Caucasian children. This was the first national study to show observe higher suicide rates for African Americans than for Caucasians in any age group.²

- The majority of Caucasian suicide victims were male, with a rate of 24.14 per 100,000 (compared to a rate of 6.88 for women). The suicide rate was higher for Caucasian men regardless of age.¹

- The suicide rate was highest for Caucasians between the ages of 40 and 64, at 22.01 per 100,000. Men within this demographic and age group had a notably high rate of suicide, at 32.94. The rate of suicide for Caucasian men over the age of 65 was similar, at 33.76 per 100,000.¹

- Caucasian youth (ages 10-19); died by suicide at a rate of 5.99 per 100,000 in 2014. This was the second highest youth rate across other races, with only the American Indian/Alaskan Native rate being higher at 9.35.¹

### Risk & Protective Factors

While research doesn’t identify risk factors entirely unique to Caucasians, general risk factors include:³

- Previous suicide attempts
- History of trauma and/or abuse
- Access to lethal means, especially firearms
- Mental or physical illness
- Family history of mental illness and/or suicide
- Substance Abuse

Similarly, some general protective factors that can help prevent Caucasian Suicide include:³

- A sense of hope and resilience
- Access to treatment
- Restricted Access to lethal means
- Strong coping skills
- Connections to family and community

### Common Methods

By a large margin, the use of firearms was the most prominent method of suicide for Caucasians. The rates for the most prevalent methods of suicide among Caucasians include:³

- Firearms (7.88 per 100,000)
- Suffocation (3.95 per 100,000)
- Poisoning (2.52 per 100,000)

Even though Caucasian men died by suicide at much higher rates, it is important to note that female suicide attempt rates are estimated to be 3-4 times higher than men’s.³ Additionally, depression is more prevalent among women than men.⁴

Suicidal behavior does not discriminate.

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