Overview

- In 2014, 42,773 Americans died by suicide.¹
- The suicide rate in the US in 2014 was 13.41 per 100,000. This is the highest recorded rate in the last thirty years.¹
- Suicide was the 10th leading cause of death, with 1.6% of all US deaths in 2014 being ruled as suicides.¹
- Though the suicide rate had declined from its previous highest point (a rate of 12.87 in 1986), it has steadily risen since the early 2000s.²
- On average, there were 117.2 suicides every day in the US, or one suicide every 12.3 minutes.¹
- As it is estimated that there is one death by suicide for every 25 attempts, approximately 1,069,325 attempts were made in 2014. This is one attempt made every 30 seconds.²
- Men accounted for 77.42% of all US suicides, yet there were three female attempts for every male attempt.¹,²
- Overall, the most predominant method of suicide in the US was firearms. This holds true for men, but the leading method of suicide for women was poisoning.²
- As recent research predicts that for every suicide, 147 people are affected and 18 experience major life disruptions, the number of survivors of suicide loss grew by 769,914 in 2014.³

STATE RANKINGS

Suicide rates were highest in:³
- Montana (24.5)
- Alaska (22.7)
- New Mexico (21.5)
- Wyoming (20.5)
- Colorado (20.2)

Suicide rates were lowest in:³
- Maryland (10.1)
- Massachusetts (8.8)
- New Jersey (8.8)
- New York (8.6)
- District of Columbia (7.9)

Age, Gender, and Race

Across age, gender, and race, suicide rates in the US have risen. The groups most likely to die by suicide are white, middle-aged and elderly men, at rates of 33.91 and 34.68 per 100,000 respectively.³

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