AFRICAN AMERICAN SUICIDE FACT SHEET
BASED ON 2016 DATA (2018)

Overview

• In 2016, 2,770 African Americans died by suicide in the US. Of these, 2,206 were male (79.6%). The overall suicide rate per 100,000 was 6.11.\(^{1}\)

• In 2016, there were 564 African American female suicides in the US. The suicide rate of African American females was the lowest among men and women of all nationalities.\(^{1}\)

• While the majority of studies show that African American men are more likely to die by suicide while African American women are more likely to attempt suicide, recent research has observed that Caribbean black men in the US have the highest attempt rate for the African American community.\(^{11}\)

• The suicide rate for African Americans ages 10-19 was 3.70 per 100,000.\(^{1}\)

• For African American youth (ages 10-19), the rate of male suicides (5.09 per 100,000) was over 2 times higher than that of females (2.26 per 100,000).\(^{1}\)

• Males accounted for 80.7% of suicides completed by elderly African Americans (ages 65+). This percentage is mirrored by the suicides completed by elderly Caucasian men (82.8%).\(^{1}\)

• Firearms were the predominant method of suicide among African Americans regardless of sex or age, accounting for 50.0% of all suicides. Suffocation was the second most prevalent method (27.2%).\(^{1}\)

Resources and Other Information
American Psychological Association, “African Americans have limited access to mental and behavioral health care” http://www.apa.org/about/gr/issues/minority/access.aspx
Black Mental Health Alliance http://blackmentalhealth.com/
Mental Health America, African American Communities and Mental Health http://www.mentalhealthamerica.net/african-american-mental-health
National Alliance on Mental Illness, African American Mental Health Information Page https://www.nami.org/Find-Support/Diverse-Communities/African-Americans
Substance Abuse and Mental Health Services Administration; Mental Health: Culture, Race, and Ethnicity, Chapter 3: Mental Health Care for African Americans http://www.ncbi.nlm.nih.gov/books/NBK44251/

RISK FACTORS
Examples of factors that may put African Americans at risk for suicide include:\(^{ii, iii}\)

- Psychological distress
- Substance abuse
- Access to lethal means (such as firearms)
- Social isolation
- Homelessness
- Exposure to violence
- Family dysfunction
- Maladaptive coping skills
- Exposure to racial inequality
- History of suicide attempts

African Americans have been found to utilize mental health services irregularly, due in part to limited access to services as a result of\(^{i, iv}\):

- Lack of proximity to services
- Lack of insurance coverage
- Mental health stigma
- Distrust of doctors and the medical establishment

Opportunities for Prevention

Research has identified several elements of African-American culture as protective factors against suicide, including\(^{iii}\):

- Strong religious-belief system
- Networks of kinship
- Ethnic pride
- Familial support

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If you or someone you know is suicidal, please contact a mental health professional or call 1-800-273-TALK (8255).