Overview
• In 2016, 44,965 Americans died by suicide.¹

• Suicide was the 10th leading cause of death, with 1.6% of all US deaths in 2016 being ruled as suicides.¹

• The suicide rate in the US in 2016 was 13.9 per 100,000. This is a small increase from 2015, continuing the recent rate increases after long-term trends of decline.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.¹

• On average, there were 122.9 suicides every day in the US, or one suicide every 11.7 minutes.¹

• As it is estimated that there is one death by suicide for every 25 attempts, approximately 1,124,125 attempts were made in 2016. This is one attempt made every 28 seconds.¹ A 2016 survey found that 1.3 million people (age 18 or older) made a suicide attempt.³

• Men accounted for 77.23% of all US suicides. For every female death by suicide there were 3.3 male deaths by suicide, yet, there were three female attempts for every male attempt.¹

• 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.⁴

• 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 more than 269,790 in 2016.¹,⁴

STATE RANKINGS
Suicide rates were highest in:²
• Alaska (26.0)
• Montana (25.6)
• Wyoming (24.6)
• New Mexico (22.6)
• Nevada (22.1)
• Colorado (22.1)

Suicide rates were lowest in:²
• Maryland (9.7)
• Massachusetts (9.3)
• New York (8.5)
• New Jersey (7.7)
• District of Columbia (5.9)

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 32.63 and 34.37 per 100,000 respectively.²