

## Statistics on Suicide in the U.S.

Centers for Disease Control and Prevention (CDC) Data & Statistics Fatal Injury Report for 2023, retrieved on April 1, 2025: Suicide is the 11th leading cause of death in the U.S.

In 2023, men died by suicide 3.8 times more than women.

In 2023, National Survey of Drug Use and Health (NSDUH), an estimated 12.8 million adults age 18 or older reported having thoughts of suicide, and 1.5 million (0.6%) adults attempted suicide during the past year. The Department of Veterans Affairs (VA) says about 17 veterans die by suicide every day in the U.S.

When it comes to suicide and suicide attempts there are rate differences depending on demographic characteristics such as age, gender, ethnicity and race. Nonetheless, suicide occurs in all demographic groups.

### Suicide rates by age range:

Suicide was the second leading cause of death among individuals between the ages of 10-34, and the fourth leading cause of death among individuals between the ages of 35 and 44; the rates were highest among adults aged 85 and older (22.66 per 100,000), followed by those aged 75 to 84 (19.44 per 100,000).

### Suicide rates by race/ethnicity and sex

In 2023, among both males and females, Whites had the highest U.S. age-adjusted suicide rate (Male: 25.23 per 100,000; Female: 6.53 per 100,000). Suicide rates were much lower among Black or African Americans (Male: 14.59 per 100,000; Female: 3.44 per 100,000) and Asians (Male: 9.71 per 100,000; Female: 3.55 per 100,000).

Overall, the age-adjusted suicide rate for non-Hispanics was 24.66 per 100,000, compared to 13.26 per 100,000 for Hispanics.



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According to the most recent Youth Risk Behaviors Survey (2023), 9% of youth in grades 9-12 attempted suicide at least once in the past 12 months. Female students attempted suicide at a higher rate than male students (13% vs. 6%). Native Hawaiian or Pacific Islander students recorded the highest suicide attempt rate at 15%.

**We can all take steps to help prevent suicide. Knowing the [warning signs](#) for suicide and how to get help can save lives.**

## Warning Signs of Suicide

Knowing the warning signs of suicide is an important part of helping prevent it. Warning signs can be vague and vary from person to person. It is important to remember that what may be a warning sign for one person may not be a cause for concern in another person.

# Signs of Suicidal Thoughts

Suicidal thoughts can be hard to spot, but there are common signs. These may involve changes in how a person acts, how they look, how they feel, or what they say.

## Actions

- Giving away possessions.
- Withdrawing from family, friends, school, or work.
- Loss of interest in sports and leisure.
- Misuse of alcohol or drugs.
- Impulsive or reckless behavior.

## FEELINGS

- Desperate
- Angry
- Guilty
- Worthless
- Lonely
- Sad
- Hopeless
- Helpless

## COMMENTS

- "All of my problems will end soon."
- "No one can do anything to help me now."
- "Now I know what they were going through."
- "I just can't take it anymore."
- "I am a burden to everyone."
- "I wish I were dead."