

Understanding Suicide Concern in Utah

Utah has the 7th highest suicide mortality rate in the U.S.¹

1. Utah Department of Health and Human Services. 2024. Health Indicator Report of Suicide. https://his.utah.gov/ibisph-view/indicator/view/SuicDth_Ut_US.html.

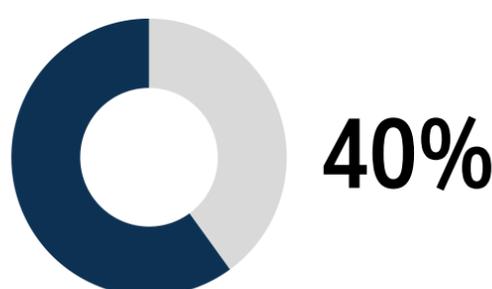
- Suicide is the second leading cause of death for the 10-17 year old age group and for the 18-44 year old age group in Utah.
- Vulnerable communities are disproportionately impacted by suicide.

Concern & Barriers

Concerns about suicide vary across Utah. Our survey of 51 cities found that individuals expressing moderate or major concerns about suicide varied across cities from 27% to 72%.

Over a third of Utahns report access to mental health care as a moderate to major concern.

5 Cities Most Concerned about Suicide in Utah	
City	% of Moderate to Major Concern
Price	72%
Vernal	72%
East Carbon	66%
Delta	61%
La Verkin	62%



"[We need] mental health classes to prevent suicides." - Nephi Resident

Social Connection & Risk

Social isolation directly increases the risk of suicidal thoughts and behaviors.²

In Utah, those with the lowest ratings of community/social connections and mental health were the most concerned about suicide.



"I firmly believe ... suicide rates would go down with more places to connect to other people." - Price Resident

To reduce suicide risk in your community, get involved! Participate in the events and recreational activities that are available in your community!

2. Calati R, Ferrari C, Britner M, Oasi O, Olié E, Carvalho AF, Courtet P. 2019. Suicidal thoughts and behaviors and social isolation: A narrative review of the literature. Journal of Affective Disorders 245: 653-667. <https://doi.org/10.1016/j.jad.2018.11.022>.

Support Programs



SafeUT offers a crisis chat and tip line that provides real-time crisis intervention.



Live On Utah is a statewide suicide prevention campaign that provides education, resources, and tools to promote practices for preventing suicide.



988 Lifeline is a free confidential service that gives individuals the option to call or text.



For More Information See: <https://www.usu.edu/utah-wellbeing-project/>