OVERVIEW
Suicide is the 12th leading cause of death in the United States.

MORE DEATHS RESULT FROM
SUICIDE THAN FROM
CAR CRASHES OR BREAST CANCER.

HOW DOES UTAH STACK UP?
In 2020 Utah had the 9th highest age-adjusted suicide rate in the United States.

UTAH averages 657 suicides per year.

SUICIDE IS THE 8th LEADING CAUSE OF DEATH FOR UTAHNS.

70 Utahns per day are treated for self-inflicted injuries.

SPECIFIC RISK FACTORS FOR UTAH
Utahns are vulnerable to unique risk factors.

SEXUAL MINORITIES have HIGHER RATES of SUICIDAL IDEATION.

Substance abuse is linked to suicide and can increase suicidal ideation.

Religion can be a protective factor against suicide unless the individual is rejected or doesn’t feel included.

1 in 3 UTAH WOMEN will experience INTIMATE PARTNER VIOLENCE during her lifetime, A RISK FACTOR FOR SUICIDE.
WHAT UTAHNS CAN DO

We can all work together to help prevent suicide in Utah.

Express empathy, warmth, and inclusivity.

Avoid negative language, judgments, and stereotypes.

Create preventative messaging that promotes hope and healing.

Educate the community on gender-related risk factors and prevention strategies.

SPECIFIC RISK FACTORS FOR GIRLS & WOMEN

Girls and women are vulnerable to unique risk factors.

Men have a higher risk of dying by suicide, but women are more likely to attempt suicide.

Physical, emotional, and sexual abuse can lead to higher risk for suicide.

Women are more at risk for serious mental illness, which is associated with suicide.

Eating disorders are linked to suicide, and women are at higher risk.

Suicide attempts are more likely to occur during menstruation.

Fertility concerns (including trouble conceiving, miscarriages, stillbirths, and unwanted pregnancies) increase the risk of suicidal behaviors.

If you or someone you know is at risk for suicide, please utilize the following resources:

988 Lifeline Response Hotline
Utah Suicide Prevention Coalition
Live on Campaign
Faith Communities

Local Groups
Huntsman Mental Health Institute
Educational Institutions

UTAH WOMEN & LEADERSHIP PROJECT
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Utah State University Extension
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Click here for the full report.