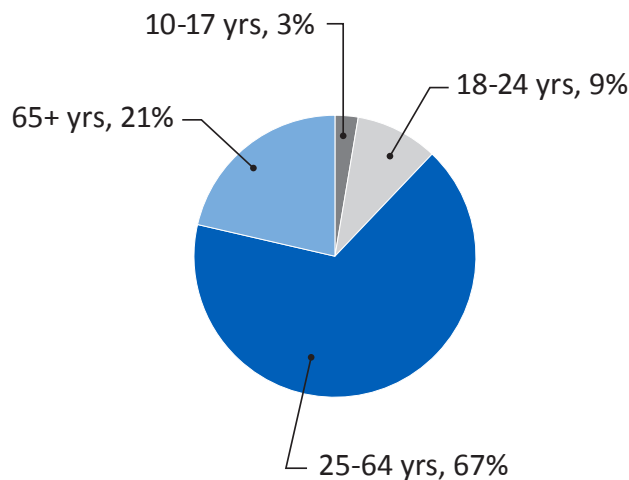


## OVERALL IMPACT

- There were 4,497 suicides in 2018
- 11.3 suicides per 100,000 people
- There were more than twice as many suicides as homicides
- Of every 3 violent deaths, 2 of them were by suicide

## AGE



## SUICIDES BY SEX, RACE AND ETHNICITY

- Most of those who died by suicide were male (78%)
- Most suicide death occurred among Whites (62%) and Hispanics (22%)
- The highest rates (per 100,000 population) were among Whites

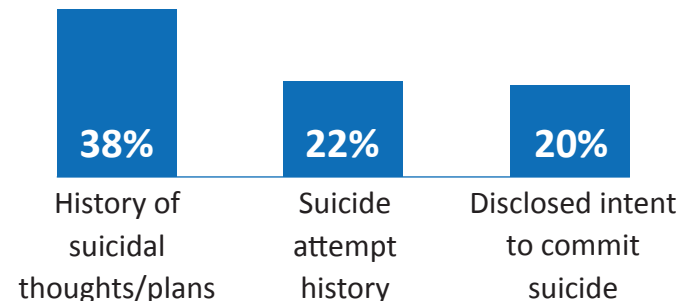
## MILITARY SERVICE

- 16% had served in the United States Armed Forces

## METHOD OF INJURY

	Female	Male
Firearm	17%	42%
Hanging/Suffocation	38%	36%
Poisoning	31%	10%
Other	14%	12%

## SUICIDE-SPECIFIC CIRCUMSTANCES



## SUBSTANCE ABUSE

**15%**  
had a known alcohol dependence or alcohol problem

**17%**  
had a non-alcohol related substance abuse problem

## MENTAL HEALTH

**47%**  
had a known mental health problem

**25%**  
had a history of mental health/substance abuse treatment

## OTHER CIRCUMSTANCES SURROUNDING DEATH

**18%**  
had a problem with a current or former intimate partner

**17%**  
had physical health problems

**15%**  
had a recent or impending life crisis

**12%**  
had financial and/or job problems

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## RESOURCES



**KNOW THE SIGNS.** Every day in California friends, family and co-workers struggle with emotional pain. And, for some, it's too difficult to talk about the pain, thoughts of suicide, and the need for help. Everyone can play a role in suicide prevention by learning the warning signs of suicide, finding the words to reach out to a loved one, and knowing where to turn for help. Visit [www.suicideispreventable.org](http://www.suicideispreventable.org) to learn more about suicide prevention.

The Centers for Disease Control (CDC), [Preventing Suicide: A Technical Package of Policy, Programs, and Practices](#).

### **NATIONAL SUICIDE PREVENTION HOTLINE 1-800-273-TALK (8255)**

Chat also available at [SuicidePreventionLifeline.org](http://SuicidePreventionLifeline.org) or text 741741.

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## NOTES ON CaIVDRS DATA

- In 2018, 21 counties participated in CalVDRS enhanced data collection, including: Amador, Butte, Fresno, Humboldt, Imperial, Kern, Kings, Lake, Los Angeles, Marin, Mono, Placer, Sacramento, San Benito, San Diego, San Francisco, San Mateo, Shasta, Siskiyou, Ventura, and Yolo Counties. Together, the CalVDRS counties represent 54% of the suicide deaths that occurred in 2018 in California and cover a mix of both urban and rural counties across the state.
- Circumstance data are reported as a percentage of deaths with at least one known circumstance; circumstances were known for 90% of abstracted suicide deaths in the 21 CalVDRS counties.
- Circumstances contributing to the suicide are not mutually exclusive, and more than one can be indicated for a single suicide death.

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## DATA SOURCES

- California Violent Death Reporting System (CalVDRS), Injury and Violence Prevention Branch, Center for Healthy Communities, California Department of Public Health (CDPH), and California Comprehensive Master Death File (CCMDF), CDPH.
- CalVDRS is supported by a grant funded by the Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. CDC Grant Number (5 NU17CE924854).
- For more information on CalVDRS and/or suicide prevention please contact [IVPB@cdph.ca.gov](mailto:IVPB@cdph.ca.gov) or [Suicide.prevention@cdph.ca.gov](mailto:Suicide.prevention@cdph.ca.gov).

**NATIONAL SUICIDE PREVENTION HOTLINE: 1.800.273.TALK (OR TEXT 741741)**