

Call, Text, or Chat with
the National Suicide
and Crisis Lifeline

988

SUICIDE IN SOUTHWESTERN CT



Suicide in SW CT

The number of suicide deaths has remained steady from 2020-2022, with 53 deaths in 2020, 54 deaths in 2021, and **57 deaths in 2022**.

Suicide Contagion

Exposure to a death by suicide leads to an **increased risk** of suicide attempt or completion for those closely impacted. Suicide impacts not just the individual but the health of their loved ones and their community. We encourage consulting best practices and postvention protocols in the event of a suicide death.



In 2021, the suicide death rate was **5.6 per 10,000** in SW CT, compared to 14.1 nationally, **more than 60% lower**.



In 2022, there were a total of **388 suicides in CT**, an 8.9% decrease from 2019.



Nationally, suicide is the **second leading cause of death** among people **10-14** and **25-34** years old.

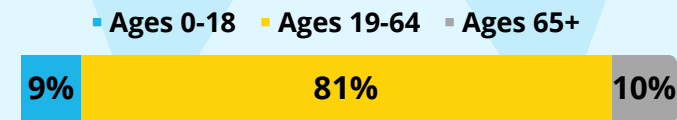


In 2022, individuals aged **25-44** had the highest frequency of suicide deaths with **21 losses in SW CT**.



*In the past year,
1 in 7 high school
students in CT
seriously considered
attempting suicide.*

SUICIDE LOSSES BY AGE IN SW CT (2022)





#3

Region One ranked suicide as the third highest priority for the area.

SUICIDE IN SOUTHWESTERN CT



RISK FACTORS & POPULATIONS AT RISK

- LGBTQIA+ youth experience increased suicidal ideation and behavior compared to their peers.
- There is a high correlation between problem gambling, mental health, and suicidality.
- Mental illness, including depression, anxiety, bipolar disorder, and general depressed mood increase the risk for suicide

RESOURCES

NATIONAL

- 741741** - Crisis Text Line (24/7)
- 988** - National Suicide and Crisis Lifeline
- 1-800-COPLINE** - Law Enforcement Support
- 1-833-897-2474** - AriStress Helpline

CT STATE

- 211 (option 1)** - CT Mobile Crisis
- 800-467-3135** - Network (ACTION) Line
- 203-661-1911** - Kids in Crisis

For More Info

Get involved! Find [local mental health resources](#) and [free peer support groups](#) at thehubct.org/suicideprevention or scan the QR code below.



 A DEATH BY SUICIDE impacts an average **135 people.**

4x

An individual is at a higher risk of dying by suicide after losing a parent to suicide.

5,982 YEARS

The total potential life lost from suicides before age 65 in 2020.