

Suicide in Connecticut

In 2015, suicides were a major cause of intentional injury death in Connecticut. Through a CDC-funded project called the Connecticut Violent Death Reporting System (CTVDRS), the Office of Injury Prevention actively tracks suicides and circumstances related to suicide to better understand the problem in our state.

According to 2015 suicide data, current and/or previous mental health diagnosis and substance abuse problem were top contributing factors for those who died by suicide in CT. A history of suicide attempts was also prominent for those under 25 yrs. of age. For middle age groups 25 to 64 yrs. old, alcohol abuse was frequent, and for older people 65+ yrs. old, a contributing physical health problem was more common.

Characteristics

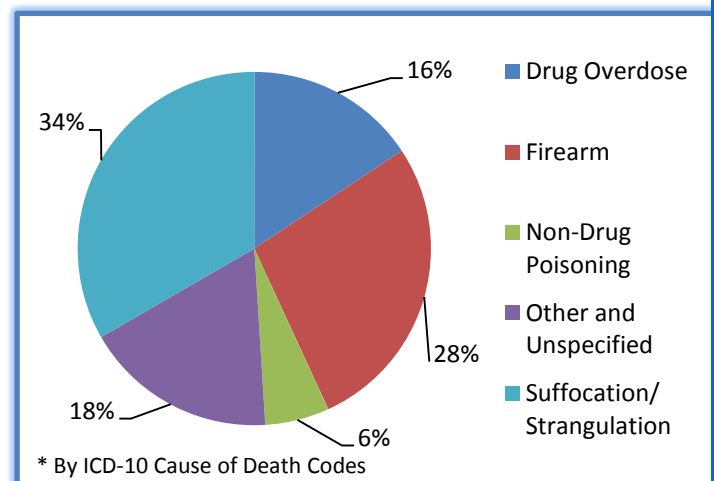
- 74% of the 383 people who died by suicide were men
- 88% were non-Hispanic whites, 6% Hispanic, 4% non-Hispanic black and 2% Asian
- Ages ranged between 13 to 93 yrs. old, mean age of 50 yrs., and 76% were 25 to 64 yrs. of age
- Males had a higher rate of mental health diagnosis than females in most age categories
- Depression was the most common diagnosis among males and females of all ages

Means of Suicide

- Suffocation was the leading method of suicide among persons under 25 yrs. of age
- Poisoning was the leading method among females, 45 and older
- Firearm was the leading method among males, 65 and older

KEY POINTS:

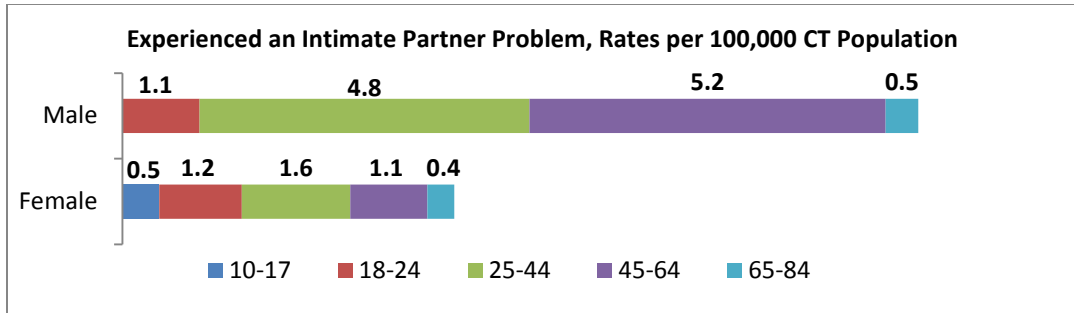
- **383 suicides occurred in Connecticut in 2015**
- **Age-adjusted rate was 9.7 deaths per 100,000 population compared to the national rate of 12.9 (2014).**
- **74% were male and 88% were non-Hispanic whites**
- **The top three risk factors for suicide among all ages were:**
 - Perceived depression
 - A history of mental illness
 - A history of substance abuse treatment



Other Risk Factors for Suicide



- Intimate partner problems, such as separation or divorce, were risk factors for suicide, especially among men
- Men between 25 to 64 who experienced intimate partner problems had death rate of 4.8 to 5.2 per 100,000 population
- A crisis, such as pending arrest for a criminal/legal problem, within the past two weeks was another major risk factor for suicide



Warning Signs

- Hopelessness
- Rage, anger, seeking revenge
- Acting reckless or engaging in risky activities, seemingly without thinking
- Feeling trapped—like there’s no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family, or society
- Anxiety, agitation, unable to sleep, or sleeping all the time
- Dramatic mood changes
- No reason for living; no sense of purpose in life

Suicide IS Preventable

The CTVDRS project staff at the CT DPH Office of Injury Prevention provides suicide surveillance data to groups like the Connecticut Suicide Advisory Board (CTSAB) who use this data for prevention. The CTSAB is a network of diverse advocates, educators and leaders who seek to reduce and eliminate suicide. Please visit their website at www.preventsuicidect.org for more information about the “1 Word, 1 Voice, 1 Life” Awareness Campaign. For more information about CTVDRS, please visit us at www.ct.gov/dph/ctvdrs.

Contact Information

Office of Injury Prevention
 Community, Family and Health Equity Section
 Connecticut Department of Public Health
 Phone: 860-509-8251
 Injury Office Webpages: www.ct.gov/dph/injuryprevention and www.ct.gov/dph/ctvdrs