

My coworker died by suicide

I am a suicide attempt survivor

I am thinking about suicide

My dad died by suicide

How am I impacted?

Our community is made of people.

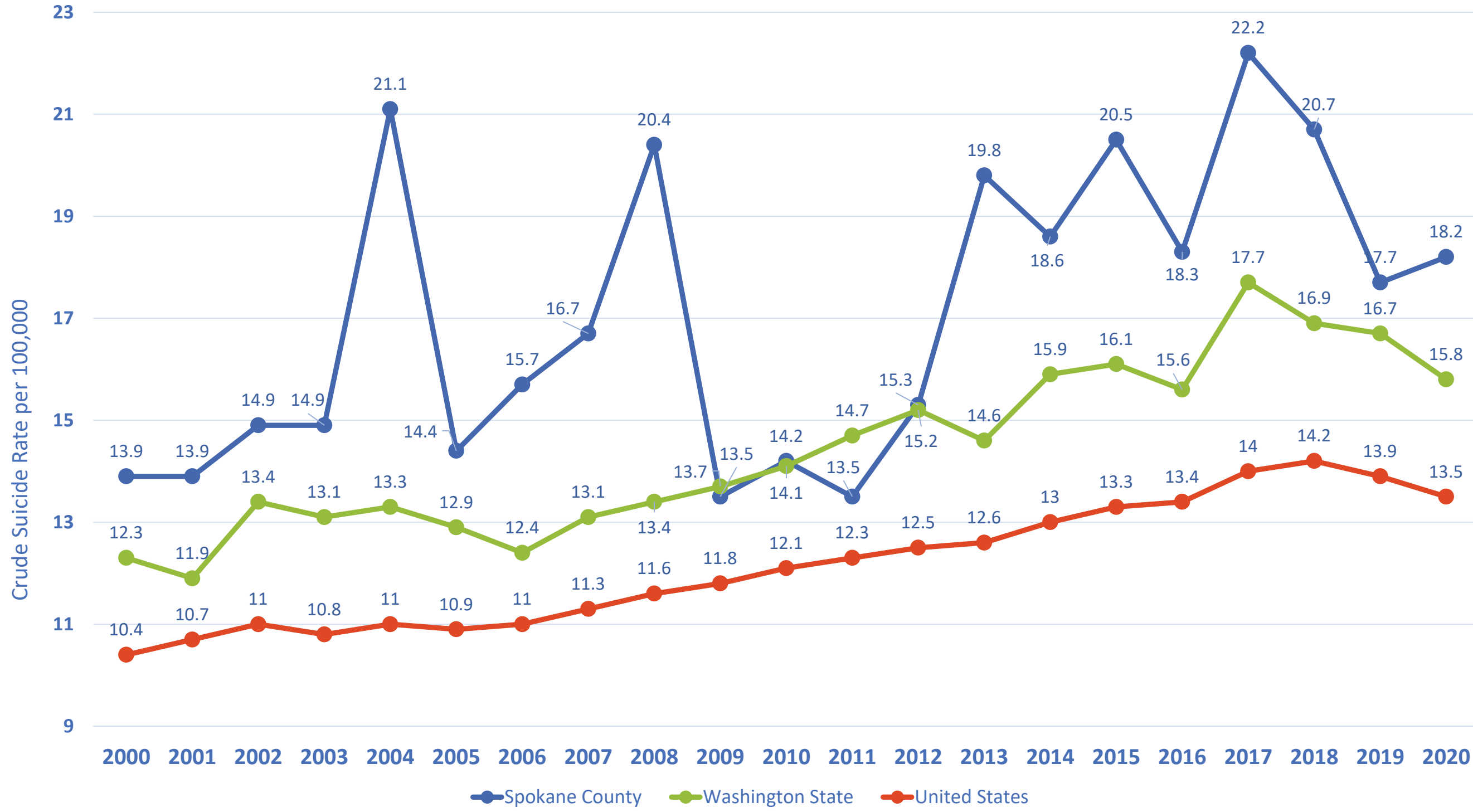
All people in our community are impacted by suicide, though we don't often talk about how we are impacted.

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[www.spokanesuicideprevention.org](http://www.spokanesuicideprevention.org)

SPOKANE REGIONAL  
**HEALTH**  
DISTRICT

# Suicide is a Public Health Issue in Our Community

## Suicide Rates by Geography



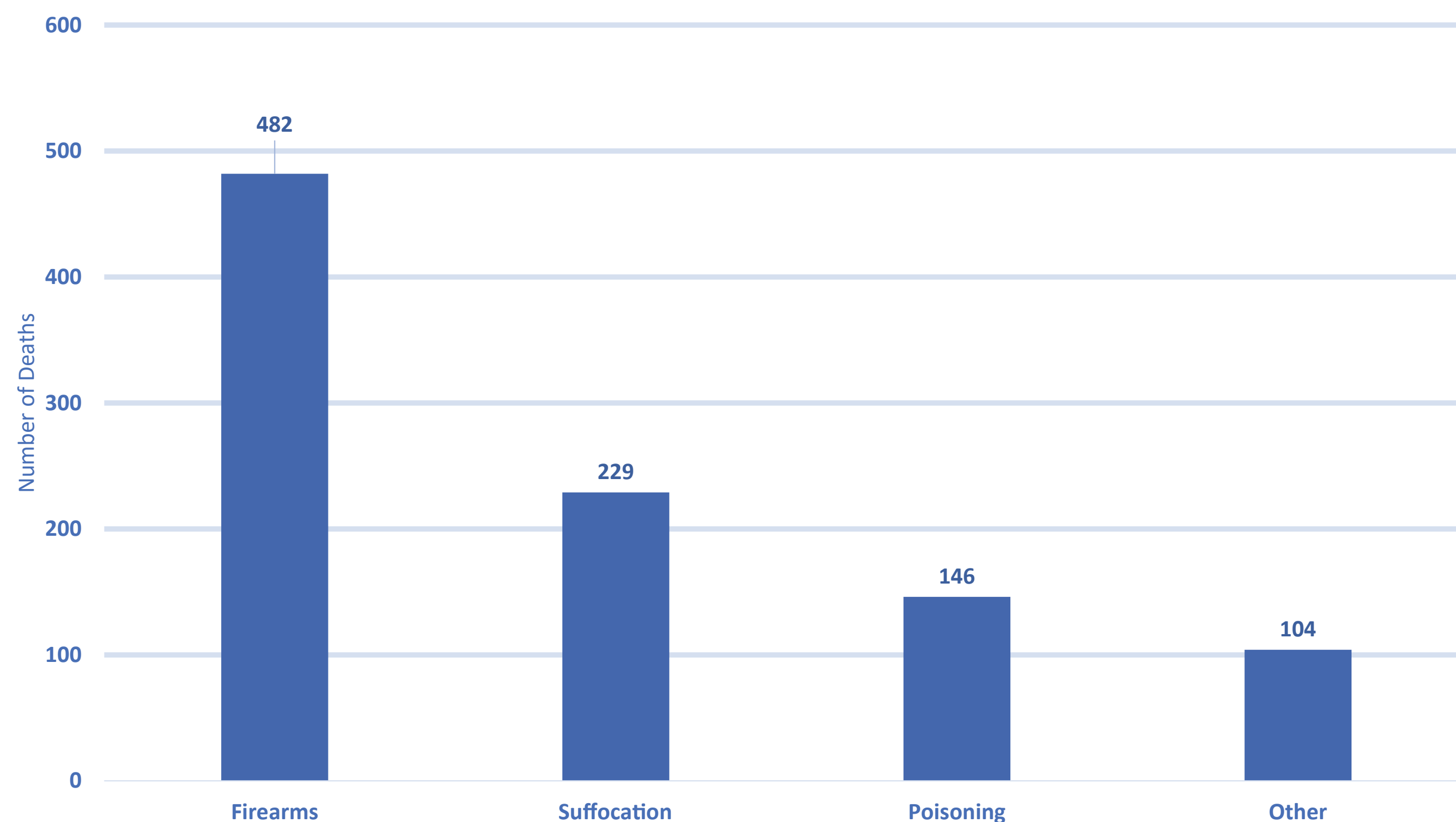
From 2017-2021 in Spokane County, suicide was the 2nd leading cause of death for people aged 15-24 and 25-44.

In most years since 2000, people in our community have died by suicide at a higher rate than the nation overall.

During this same time, people in our community have died by suicide at a similar or higher rate than Washington state overall.

# Most Common Methods Are Firearms, Followed by Suffocation and Poisoning

## Most Common Suicide Methods (2012 - 2021)



In our community, the most common method used in deaths by suicide is firearms, followed by suffocation and poisoning.

This trend has not changed since 1995 and is similar to state and national trends of methods used in deaths by suicide.

In 2021, 111 people died by suicide in Spokane County. Firearms were used in 49% of these deaths by suicide.

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Information presented is sourced from the most timely and complete data available to Spokane Regional Health District.

# Death by Suicide Occurs Among All Groups

In our community, death by suicide occurs among all groups of people, but some demographic groups are more impacted than others.

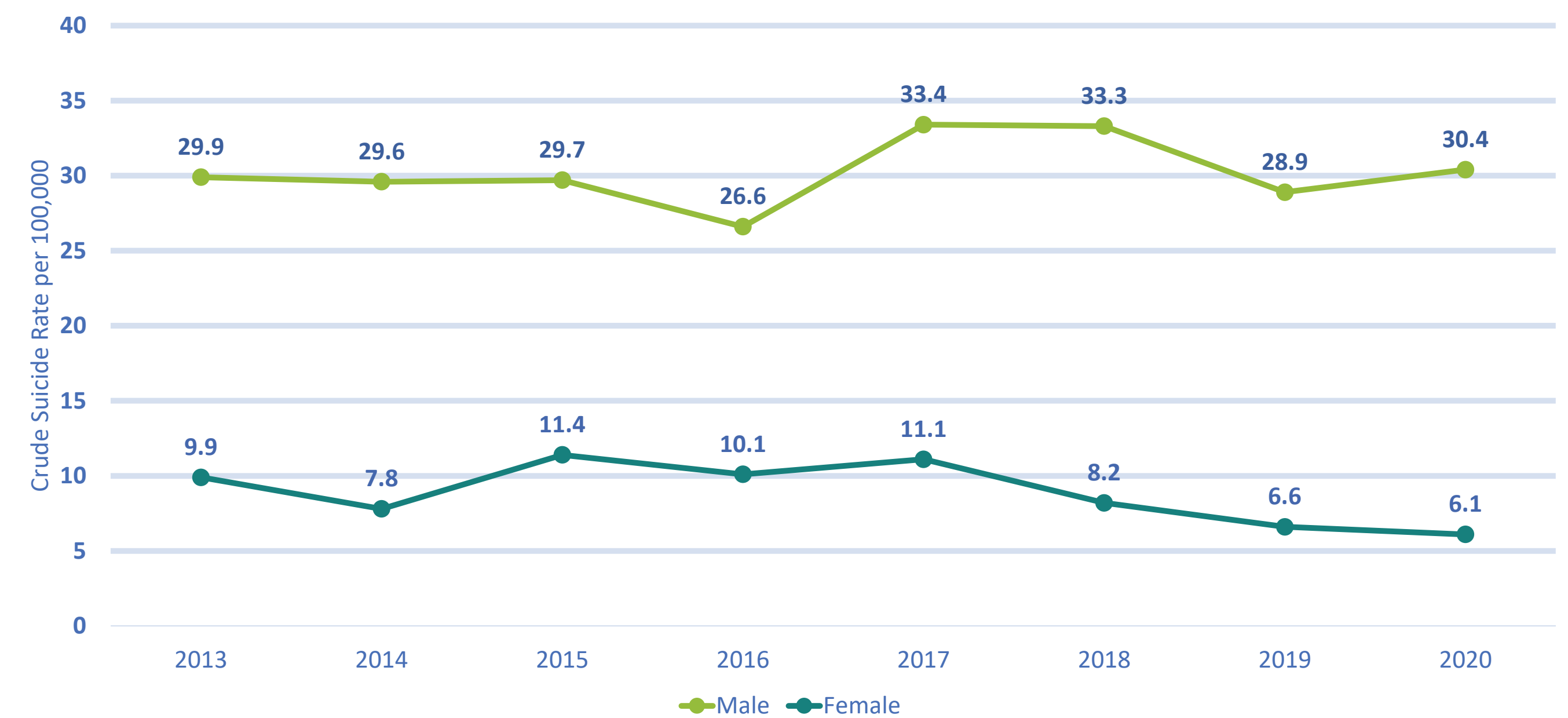
In Spokane County, the differences in suicide rate by sex are most significant. Males consistently die by suicide more often than females.

There are also significant differences between age groups. Children under 18 have the lowest suicide rate in our community.

Suicides rates by race for 2001-2020 were mostly similar with two significant differences:

- Hispanic people (considered as a race) died by suicide at a lower rate than all other races.
- Asian/Pacific-Islander people died by suicide at a lower rate than White people.

## Spokane County Suicide Rates by Sex



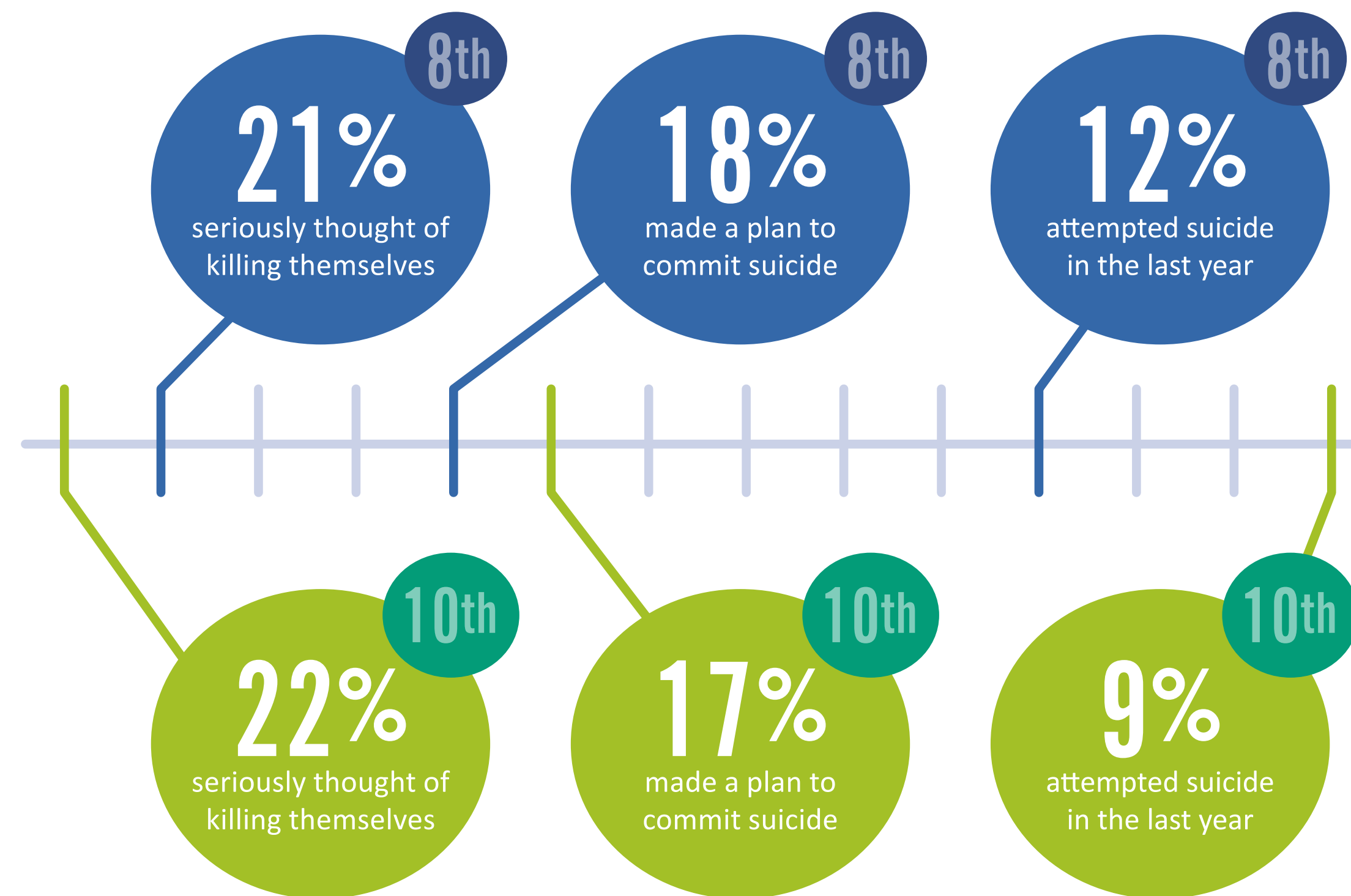
2020: For every one female who has died by suicide, there are five males.



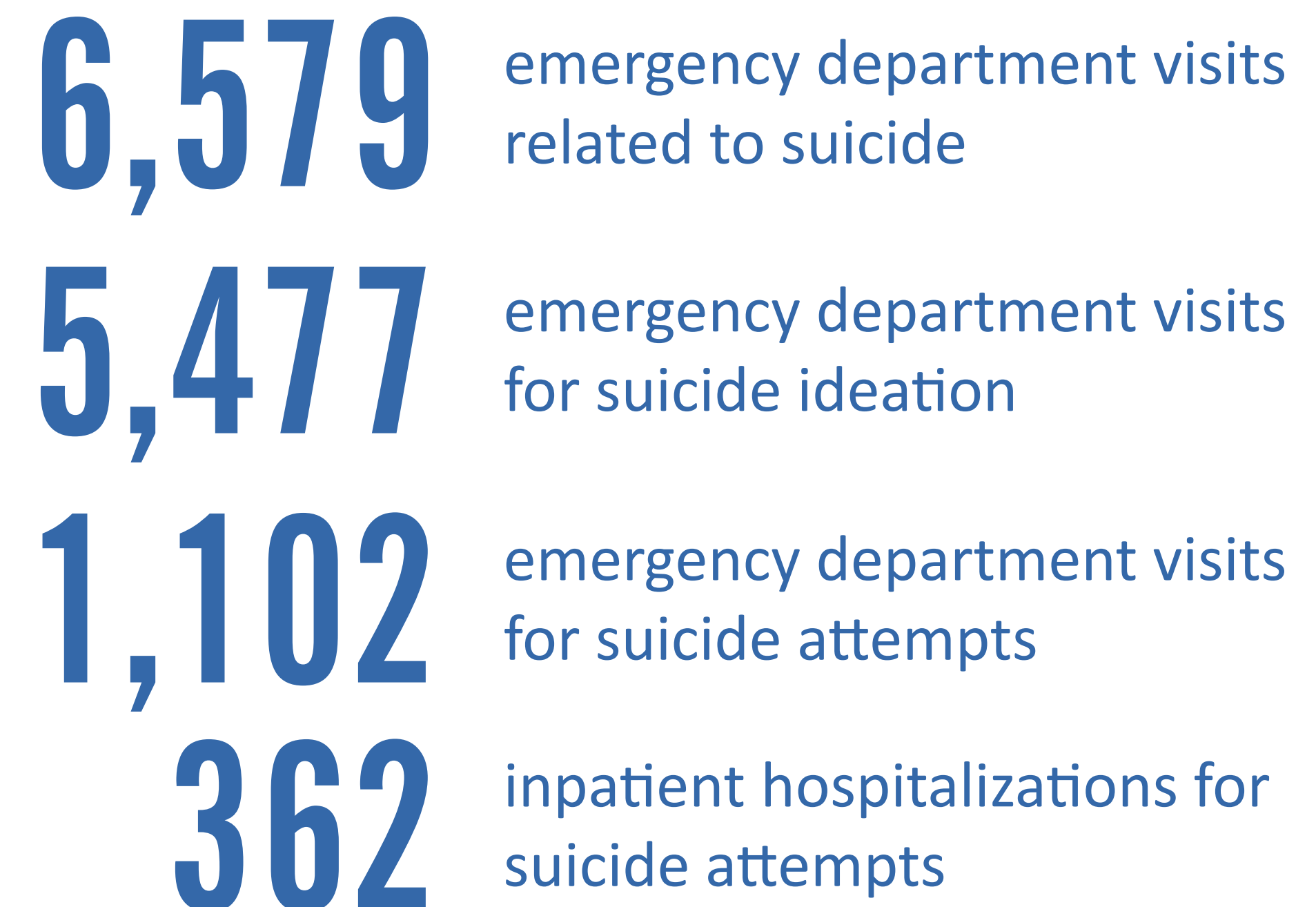
# For Every Death by Suicide, Many More People Experience Suicidality

Suicidality can be measured by interactions with the health care system related to suicide and self-reports of thoughts of suicide, plans for suicide, and suicide attempts.

In 2021, among 8<sup>th</sup> & 10<sup>th</sup> grade youth in Spokane County



In 2022, among people of all ages in Spokane County there were



# Healthy Relationships and Connectedness Can Protect Against Risk of Suicide

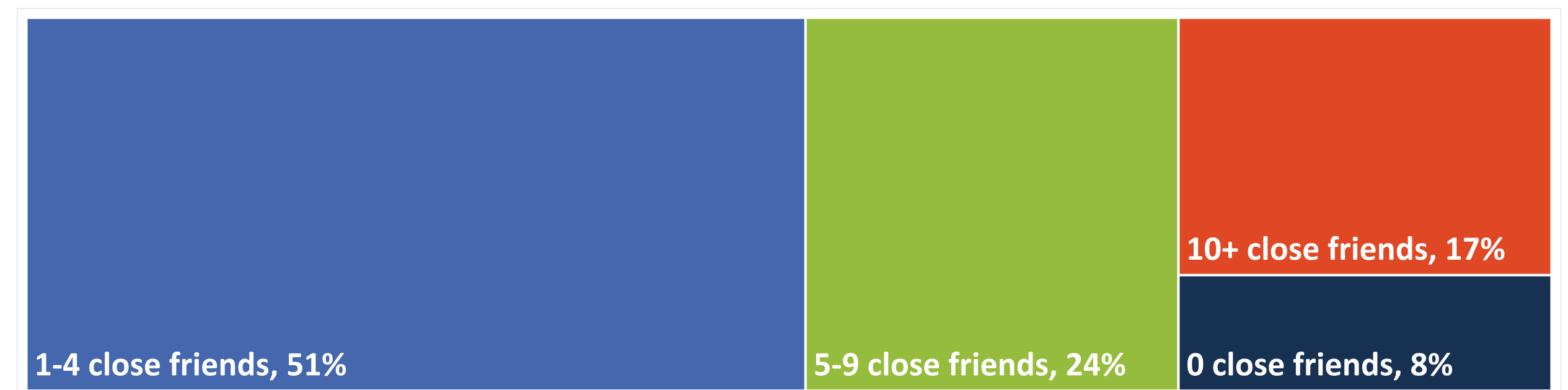
Healthy social relationships and connectedness within our community can protect against risk of suicide.

Among residents of our community who responded to the 2022 Quality of Life Survey:

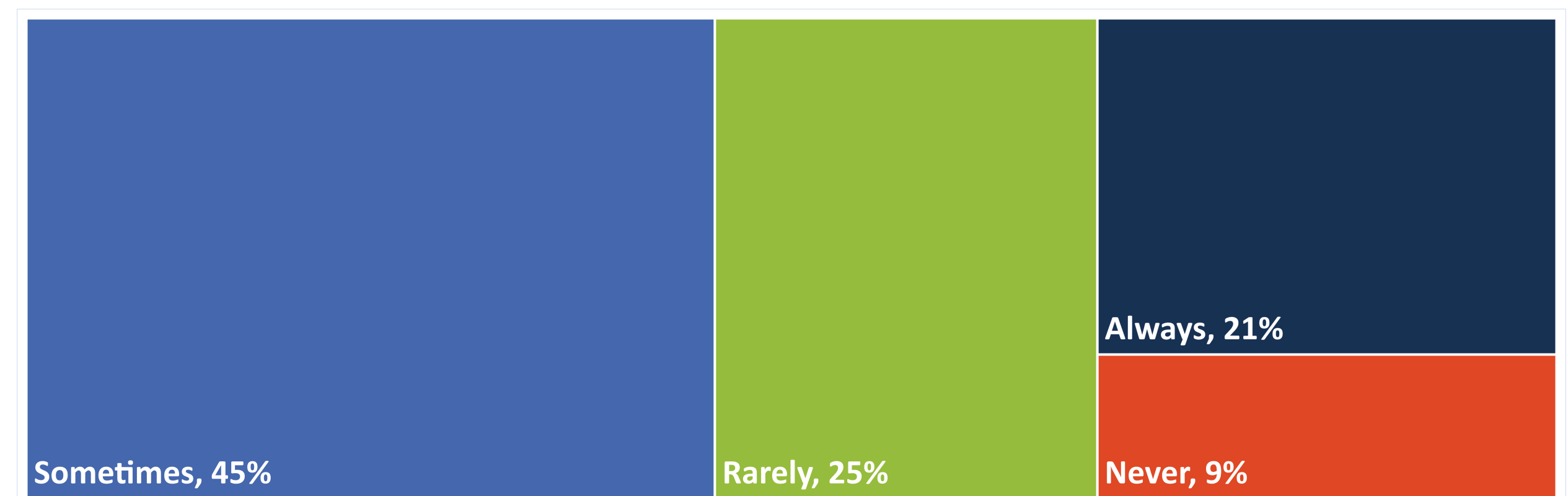
- Only 21% reported always feeling as though there are people they can turn to.
- Only 50% reported feeling that most people can be trusted.
- More than 50% reported having less than 5 close friends who they feel at ease with, can talk to, or can call for help.

Together, we have an opportunity to nurture a healthier, more connected community in Spokane County through our social relationships.

How many close friends do you have (not counting your relatives) who you feel at ease with, can talk to about what is on your mind, or can call on for help?



How often do you feel that there are people in your community that you can turn to?



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# Preventing Suicide Requires Action from All of Us



Everyone can take action to prevent suicide by nurturing caring, respectful relationships and learning how to recognize and respond when someone is at risk of suicide.

Healthcare systems, schools, employers, public health professionals, state and local elected officials, and the media have additional unique and important roles in suicide prevention.

I've been there  
and want to  
reduce stigma.

I understand we're  
all impacted by  
suicide

I recognize  
opportunities  
for change.

No one should  
be alone

What is my reason  
for taking action to  
prevent suicide?

Our community is made of people.  
The people in the Prevent Suicide Spokane Coalition  
are driven by their experiences and understanding to  
take action to prevent suicide in our community.

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