

Suicides in Virginia, 2005

- 860 suicide deaths, accounting for 22% of all injury related deaths.
- Males were 4 times more likely to die from suicide than females.
- Whites were twice as likely to die from suicide as blacks.
- 59% of suicides committed involved a firearm.

Suicide was the third leading cause of death for youth and adolescents aged 10-24.

Suicide Attempts in Virginia, 2005

- 4,401 suicide attempts; 30% (n=1,294) occurred among youth and adolescents aged 10-24.
- Females were more likely to attempt suicide than males.
- Whites were more likely to attempt suicide than any other race.
- 82% of suicide attempts involved poisonings.
- These suicide attempts resulted in hospitalization charges of more than \$43 million, and a median charge of \$6,192 per episode of care.

Table 1. Leading Causes of Suicide Death by Sex, Virginia 2005

Cause	Male N	Female N	Total N
Firearm	445	66	511
Suffocation	124	30	154
Poisoning	72	68	140

Table 2. Leading Causes of Suicide Attempts by Sex, Virginia 2005

Cause	Male N	Female N	Total N
Poisoning	1,337	2,281	3,618
Cut/Pierce	271	275	546
Firearm	10	35	45

**If you, or someone you know, are having thoughts of suicide please call the national suicide hotline: 1-800-273-TALK.
Or contact a mental health professional.**

Prevention Tips

Depression is a biochemical imbalance in the brain that affects how people think and how they behave. Certain surface signs may indicate depression:

- Low self-esteem
- Anger management problems
- Irritability
- Getting into trouble with the law
- Becoming pregnant early in life
- Increased physical health problems
- Abusing alcohol or drugs
- Threatening suicide or homicide
- Significant change in appetite or weight
- Feelings of worthlessness or excess guilt
- Fatigue or loss of energy

What You Can Do....

If you think a person is at risk for depression or suicide, the next step is to actively intervene and refer the person to proper help.

- Take immediate and sufficient steps to ensure safety including eliminating access to firearms.
- Explore individual/family/group therapy
- Enlist family and community support.
- Do not hesitate to involve mental health professionals trained to recognize and treat depression and related disorders.

Division of Injury and Violence Prevention
Virginia Department of Health
www.vahealth.org/civp