

Groups at Elevated Risk of Suicide

Suicide is a major public health problem and a leading cause of death in the United States. Thoughts of suicide can touch any person anywhere, but certain groups are disproportionately impacted by suicide and/or have a higher risk of suicide compared to the general population due to many different reasons.

The risk for suicidal behavior is complex. Research suggests that people who attempt suicide may react to events, think, and make decisions differently than those who do not attempt suicide. These differences happen more often if a person also experiences any of the following:

- Prior suicidal behavior – most important factor in estimating the likelihood of further suicidal acts, risk increases by 40%
- Individuals with a current suicide plan
- Individuals with mental disorders
- Recent divorcees (especially males)
- Recently unemployed individuals
- Any individual who has experienced loss or change
- Individuals in rural areas and those with limited access to resources
- Individuals with life stress and mental pain
- Family history – modeling
- LGBTQ individuals
- The highest suicide rates in the US are among people who are white, American Indian and Alaska Native.

