

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



SUICIDE IN TARRANT COUNTY

Suicide when someone intentionally harms themselves with the purpose of ending their life. A **suicide attempt** is when someone intentionally harms themselves with the purpose of ending their life, but their actions do not result in death. Suicide attempts may or may not result in injuries. **Non-suicidal self-harm/self-directed violence** is when someone intentionally harms themselves, but they *do not* intend to end their life. These actions are often used as coping mechanisms during emotional distress.

In 2017, intentional self-harm (suicide) was the 9th leading cause of death among Tarrant County residents

Figure 1. Suicide rates by geographical location, 2017

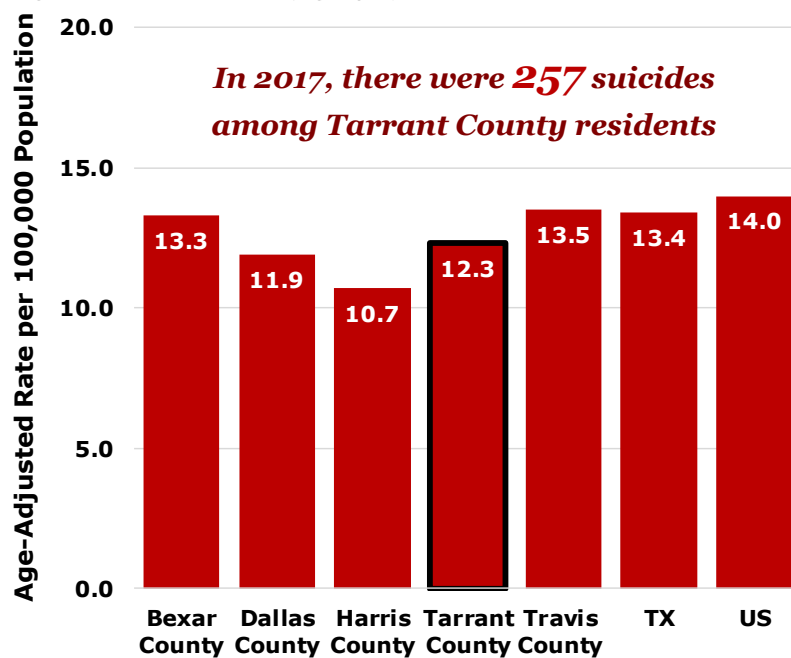


Figure 2. Proportion of Tarrant County suicides by mechanism, 2017

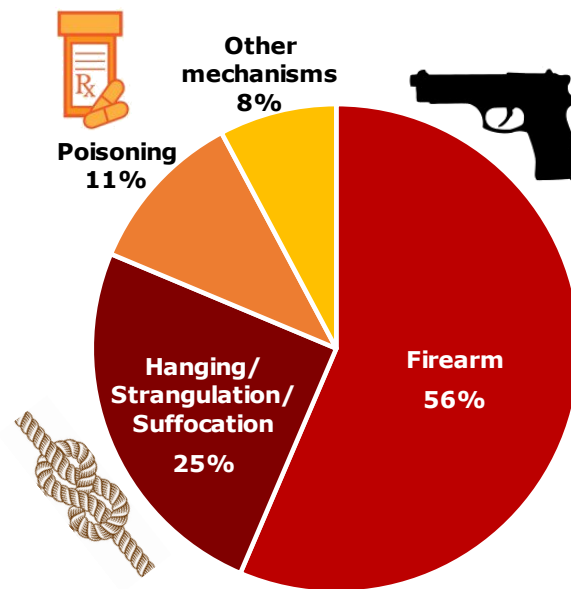
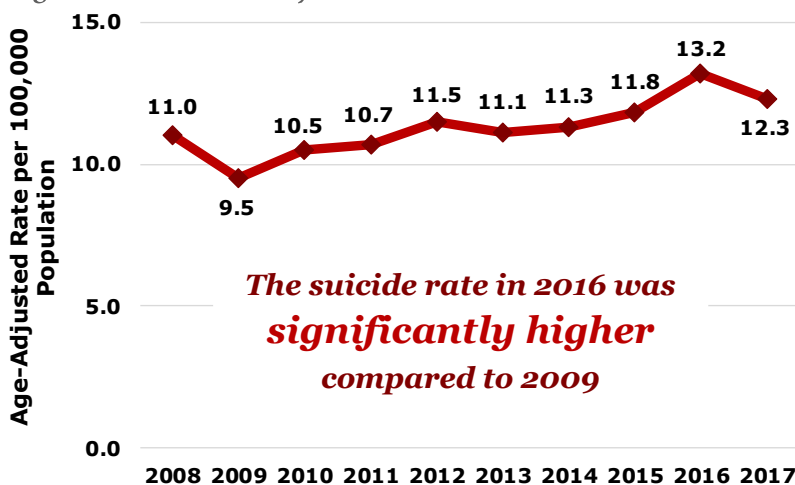


Figure 3. Tarrant County suicide rates, 2008-2017



**Holiday Suicides:
Fact or Myth?**
December has one of the lowest rates of suicide; From 2015-2017, July had the most suicides among Tarrant County residents, followed by March, April, and May

Among Tarrant County residents, suicide rates were highest among non-Hispanic whites, males, and those aged 65 years and older

Figure 4. Suicide rates by race/ethnicity and gender, Tarrant County, 2015-2017

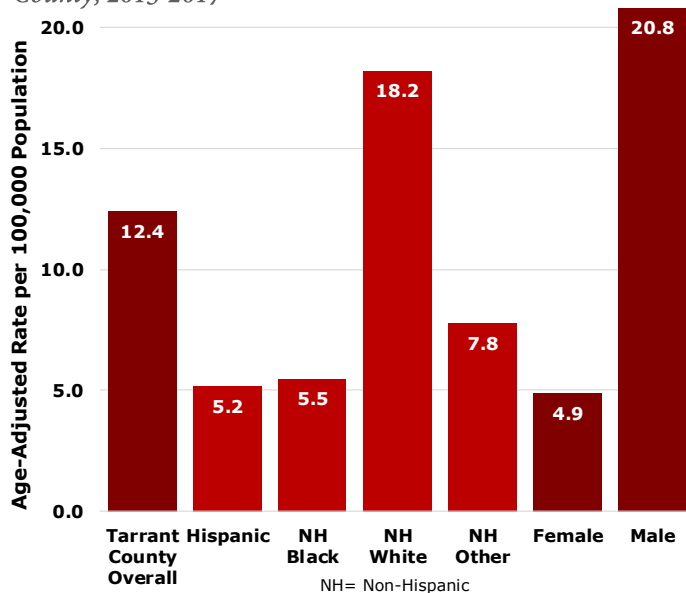
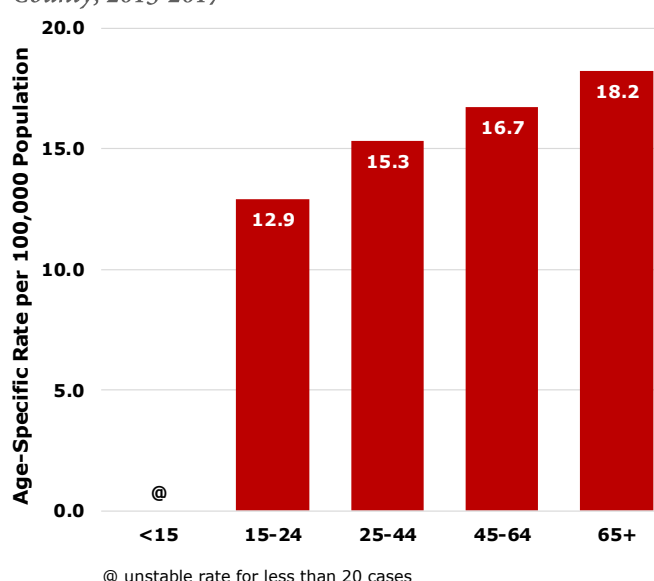


Figure 5. Suicide rates by age group (in years), Tarrant County, 2015-2017



@ unstable rate for less than 20 cases

Among Texas high school students in 2017:

- A significantly higher percentage of female students reported they seriously considered attempting suicide (21.7%) and made a plan about how they would attempt suicide in the last 12 months (18.1%) compared to male students (13.3% and 10.8%)
- A significantly higher percentage of gay, lesbian, or bisexual students reported they seriously considered attempting suicide (42.4%), made a plan about how they would attempt suicide (29.2%), and attempted suicide one or more times in the last 12 months (28.3%) compared to heterosexual/straight students (13.5%, 12.4%, and 9.6%)



Suicide Warning Signs

Actions: using alcohol or drugs, taking risks, looking for suicide ideas, isolating themselves, sleeping more or not enough, saying goodbye, giving away personal items, making a will, or acting out



Mood: depressed, anxious, humiliated, angry, not interested, or sudden relief

Talking about: killing themselves, hopelessness, having no reason to live, feeling like a burden to others, feeling trapped, or being in pain or unhappy



Education and Prevention

Talk to someone if you are having suicidal thoughts

To help others: recognize suicide warning signs
5 Action Steps [nimh.nih.gov/suicideprevention]
 1. Ask "Are you thinking about killing yourself?"
 2. Reduce access to lethal items/places
 3. Listen to them and acknowledge their feelings
 4. Connect them with suicide resources
 5. Follow up with them and stay connected
 Learn how to talk to someone who is suicidal and what to do after a suicide attempt [afsp.org]
 Texas Suicide Prevention [texassuicideprevention.org]

Resources and Support

National Suicide Prevention Lifeline
 Call 1-800-273-8255 TTY 1-800-799-4889
 Text 'HELLO' to 741741 [suicidepreventionlifeline.org]
 The Trevor Project (LGBT youth) Call 1-866-488-7386
 Text 202-304-1200 [thetrevorproject.org]
 MHMR Tarrant County Call 817-335-3022
 Call 1-800-866-2465 TTY 817-569-4488 [mhmrhc.org]
 Mental Health America of Greater Tarrant County [mhatc.org]
 Find a mental health provider [findtreatment.samhsa.gov]

All significant differences detected at the 95% confidence level
 Data sources: American Foundation for Suicide Prevention, Centers for Disease Control and Prevention, National Institute of Mental Health, Texas Youth Risk Behavior Survey (YRBS)
 Data Brief provided by: Division of Epidemiology and Health Information