

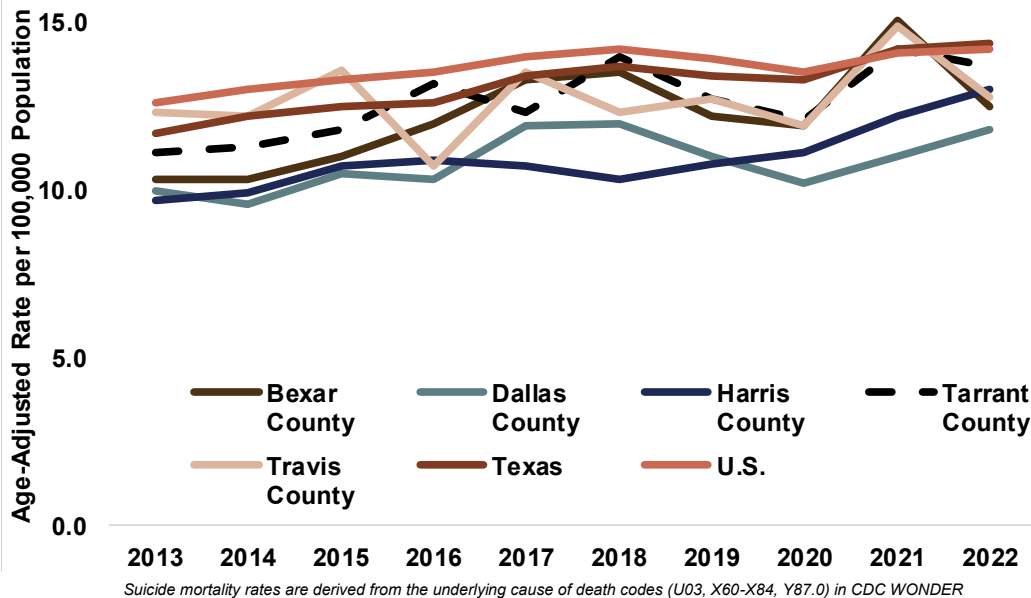
TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



SUICIDE IN TARRANT COUNTY

Suicide: when someone *intentionally* harms themselves with the purpose of ending their life, and they die as a result. Suicide is a type of *manner* or *intent* used to describe deaths. Other manners/intents include: unintentional (accidents) and homicide. There are many types of *mechanisms* used to cause harm to oneself, such as a firearm, suffocation, poisoning, fall, etc. **Suicidal ideation** is when someone is thinking about suicide. Suicidal ideation may or may not include a suicide plan, means, and intent. **Self-harm** is when someone intentionally harms themselves, but they *do not* intend to end 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.

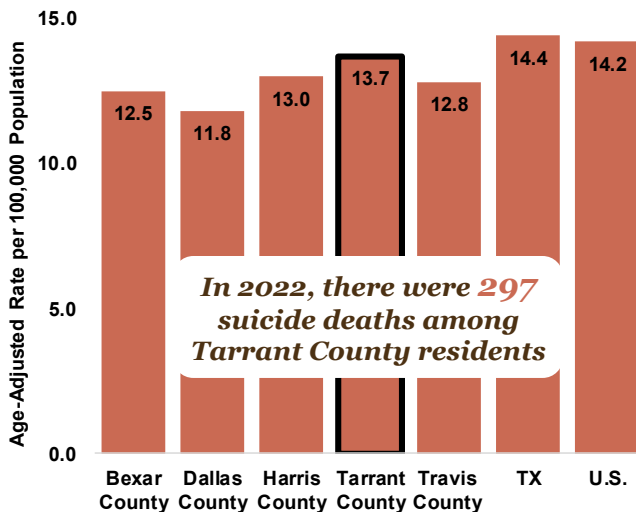
Figure 1. Suicide mortality rates by geographic location, 2013-2022



Suicide rates have been **trending upward** at the national, state, and local level

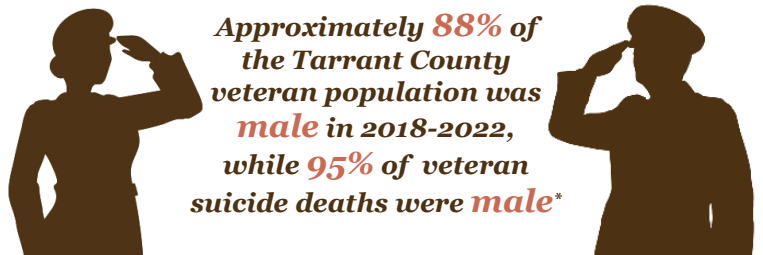
There were **significant increases** in suicide mortality rates from **2013 to 2022** in Harris County, Texas, and the U.S., and from **2020 to 2022** in Texas and the U.S.

Figure 2. Suicide mortality rates by geographic location, 2022



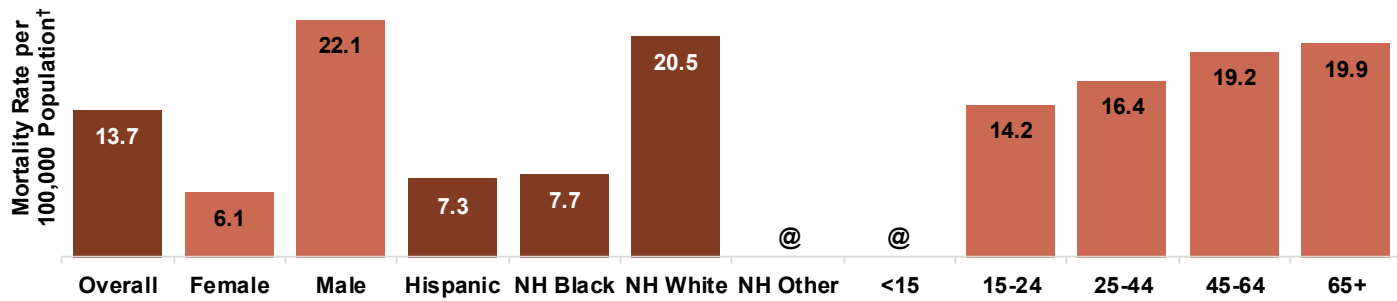
From 2018-2022*, the suicide mortality rate among Tarrant County **veterans** (29.6) was **significantly higher** and **more than twice** that of residents who never served in the armed forces (12.2)

Approximately **88%** of the Tarrant County veteran population was **male** in 2018-2022, while **95%** of veteran suicide deaths were **male***



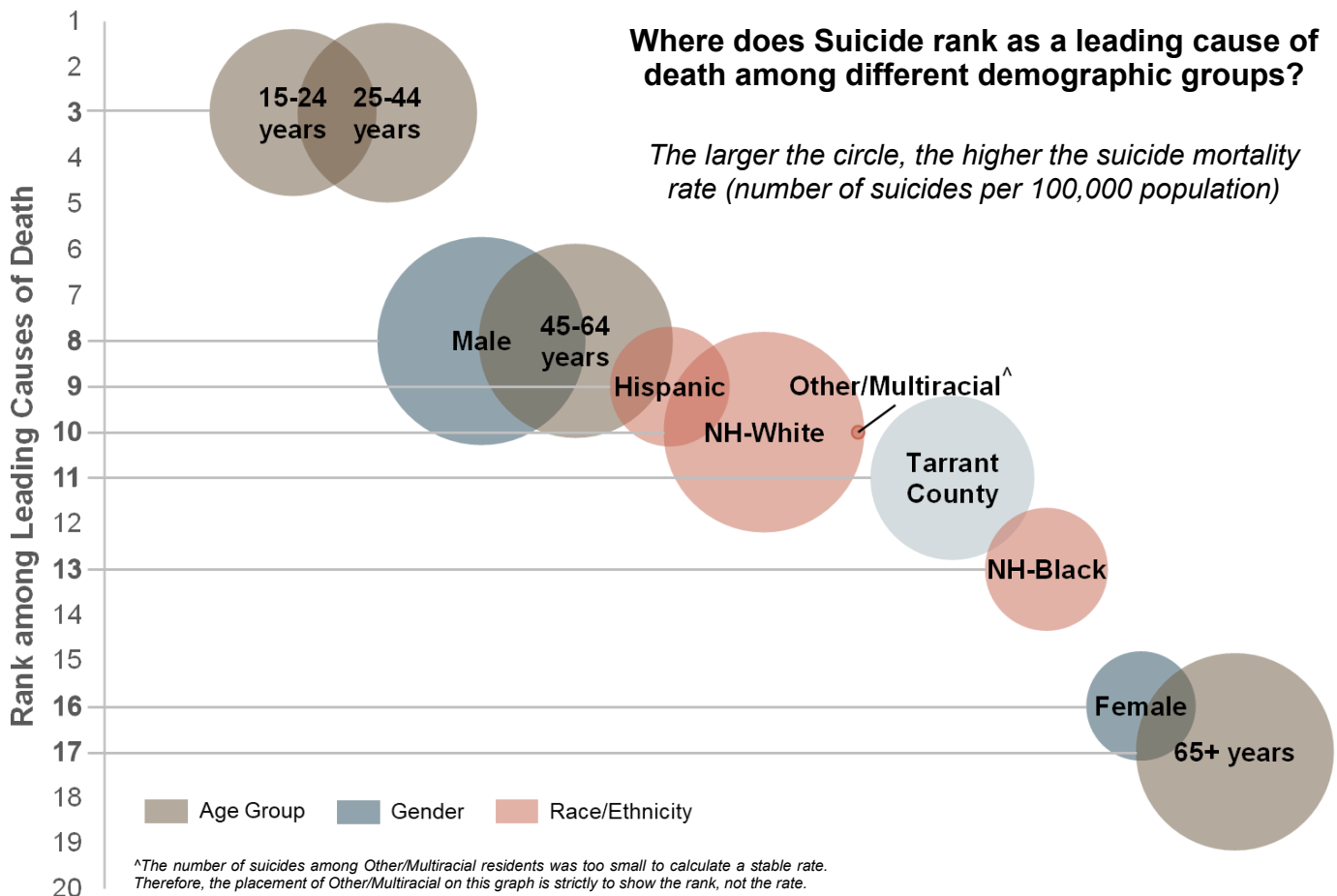
All significant differences detected at the 95% confidence level; * 2022 data are provisional and subject to change; Data sources: Centers for Disease Control and Prevention, MHMR of Tarrant County, National Institute of Mental Health, Texas Department of State Health Services; Data Brief provided by: Office of Data and Informatics

Figure 3. Tarrant County suicide mortality rates[†] by gender, race/ethnicity, and age group (in years), 2022



Among Tarrant County residents in 2022, suicide mortality rates were significantly higher among males and non-Hispanic whites

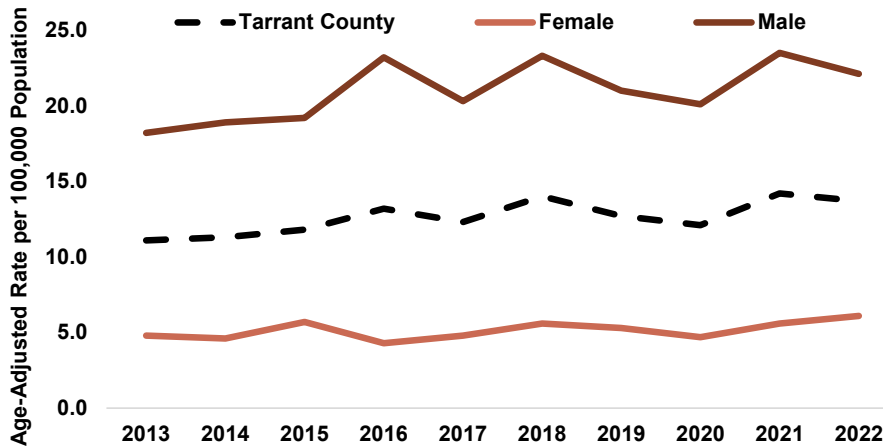
Figure 4. Tarrant County suicide mortality by leading cause of death rank among demographic groups, 2022



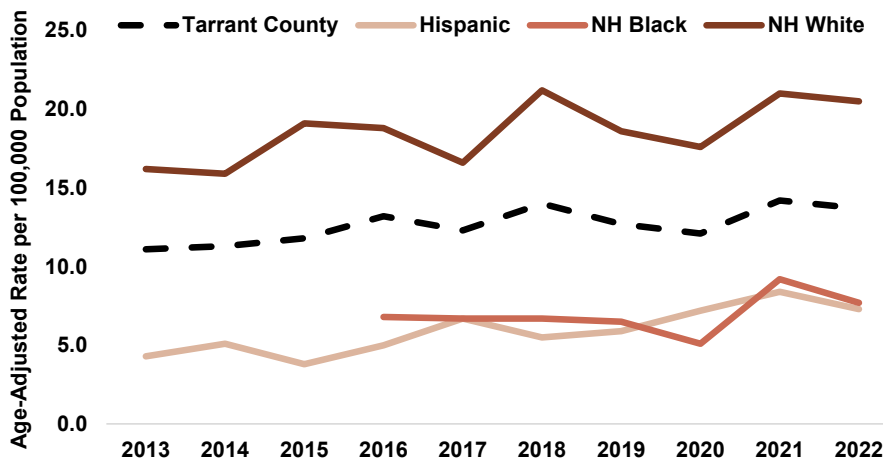
It's important to note the differences between rank and rate
 For example, while suicide ranked 9th among Hispanic residents and 17th among residents aged 65+ years, the suicide mortality rate was significantly higher among residents aged 65+ years compared to Hispanic residents (19.9 vs. 7.3 suicides per 100,000 population).

All significant differences detected at the 95% confidence level; [†] Age-adjusted rate per 100,000 population for Tarrant County overall, gender, and race/ethnicity. Age-specific rate per 100,000 population for age groups; @ = unstable rate; NH = non-Hispanic; Data sources: Centers for Disease Control and Prevention; Data Brief provided by: Office of Data and Informatics

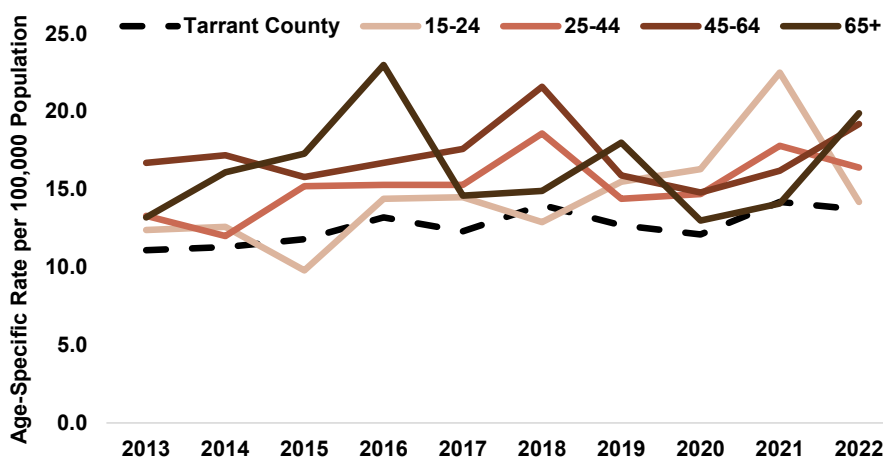
Figures 5-7. Tarrant County suicide mortality rates[†] by gender, race/ethnicity, and age group (in years), 2013-2022



Each year from 2013-2022, Tarrant County **males** had **significantly higher** suicide mortality rates than females and Tarrant County overall



Each year from 2013-2022, Tarrant County **non-Hispanic white** residents had **significantly higher** suicide mortality rates than all other racial/ethnic groups and Tarrant County overall



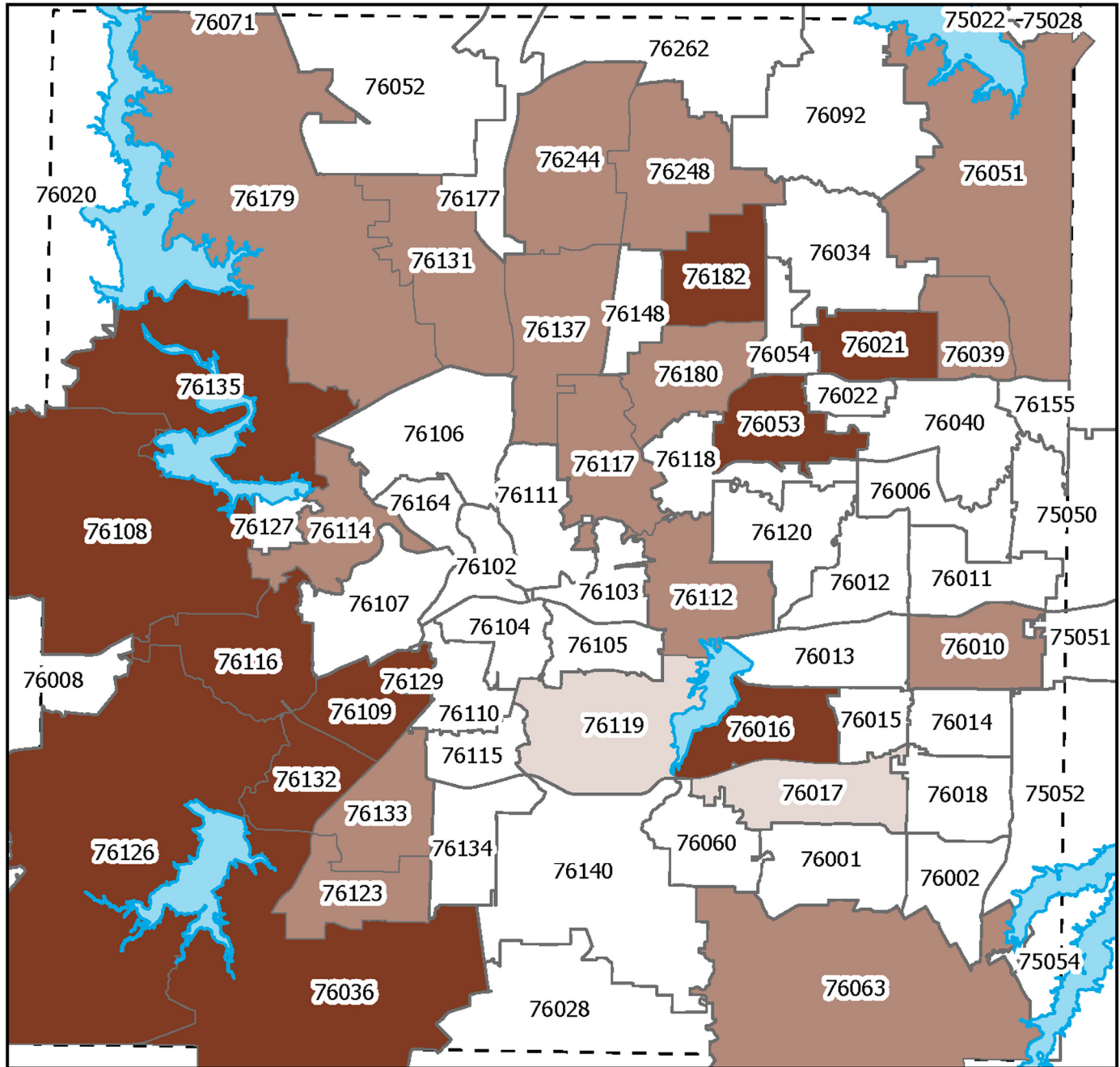
In 2021, Tarrant County residents aged **15-24 years** had a **significantly higher** suicide mortality rate than Tarrant County overall

In 2022, Tarrant County residents aged **45-64 years** had a **significantly higher** suicide mortality rate than Tarrant County overall

There was a **significant increase** in suicide mortality rates from 2015 to 2021 among Tarrant County residents aged **15-24 years**

All significant differences detected at the 95% confidence level; [†] Age-adjusted rate per 100,000 population for Tarrant County overall, gender, and race/ethnicity. Age-specific rate per 100,000 population for age groups; NH = non-Hispanic; NH Other (2013-2022), NH Black (2013-2015), and <15 (2013-2022) not provided due to unstable rates from <20 deaths each year; Data sources: Centers for Disease Control and Prevention; Data Brief provided by: Office of Data and Informatics

Figure 8. Tarrant County suicide mortality rates by ZIP code, 2018-2022*



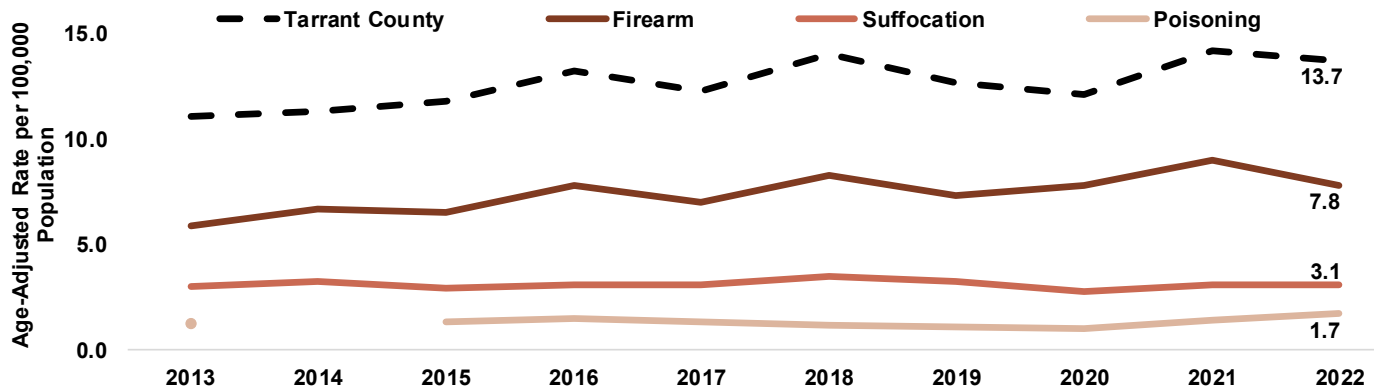
Rates per 100,000 population age-adjusted to 2000 U.S. standard population



These data were prepared by Tarrant County Public Health for its use and may be revised any time without notification. Tarrant County Public Health does not guarantee the correctness or accuracy of any features on this map. Tarrant County assumes no responsibility in connection therewith. Said data should not be edited by anyone other than the designated personnel, or through written approval by GIS Manager. These data are for informational purposes only and should not create liability on the part of Tarrant County Government, any officer and/or employees thereof.

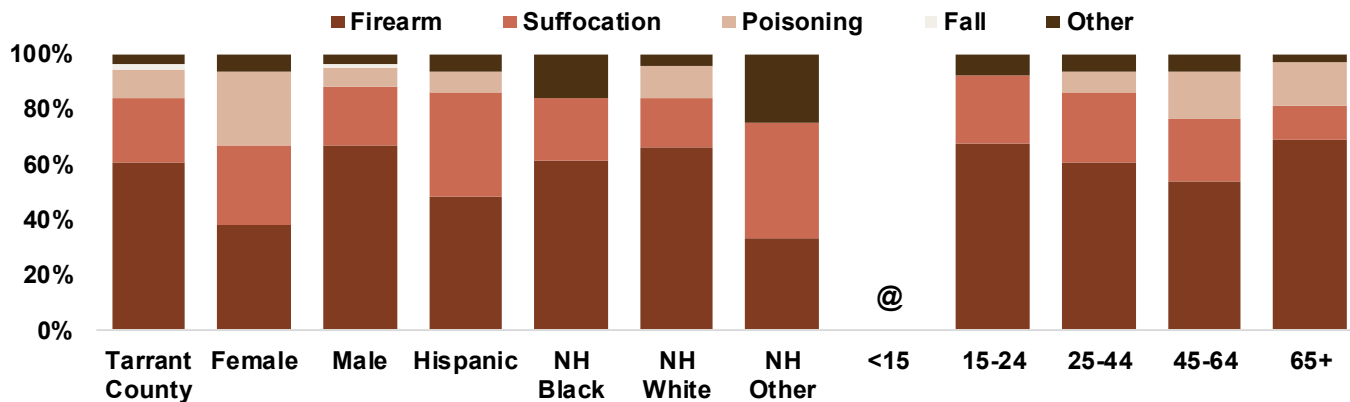
ZIP codes with suppressed data did not have enough deaths to calculate stable rates
 * 2022 data are provisional and subject to change
 Data sources: Texas Department of State Health Services
 Data Brief provided by: Office of Data and Informatics

Figure 9. Tarrant County suicide mortality rates by top mechanisms, 2013-2022



There was a **significant increase** in firearms being used in suicides among Tarrant County residents from 2013 to 2021. Each year from 2013-2022, Tarrant County residents used firearms during suicide at a **significantly higher** rate than suffocation and poisoning

Figure 10. Tarrant County suicide mechanisms by demographic group, 2020-2022



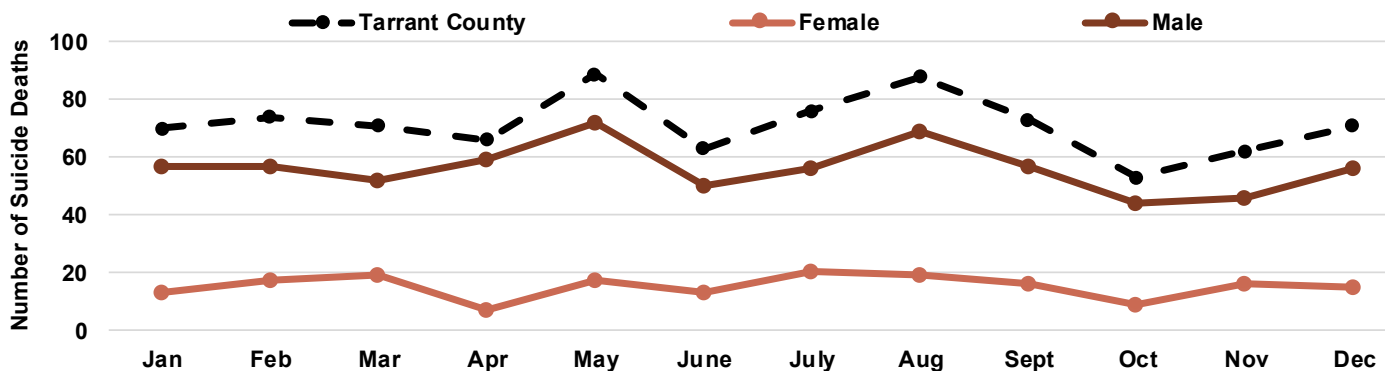
During 2020-2022, **firearms** were the **most common suicide mechanism** used across all Tarrant County demographic groups, except among non-Hispanic Other residents

The use of **firearms** was highest among those aged **65+ years** (69%)

The use of **suffocation** was highest among **non-Hispanic Other** residents (42%)

The use of **poisoning** was highest among **females** (27%)

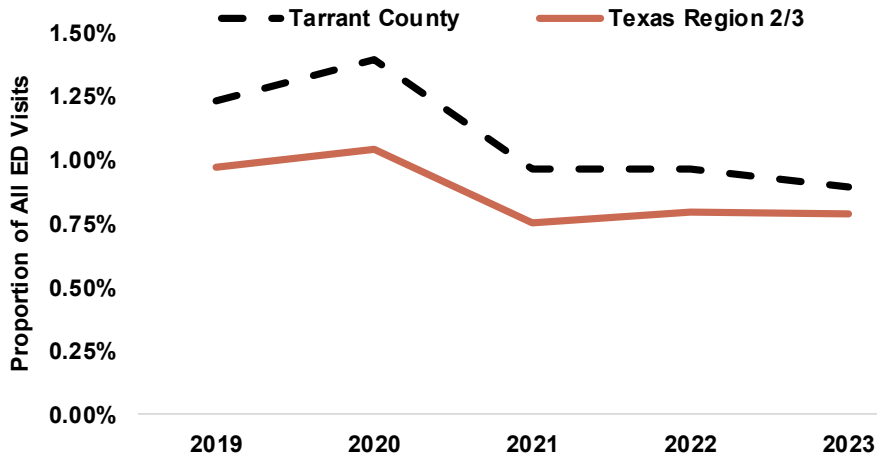
Figure 11. Tarrant County suicides by month, 2020-2022



During 2020-2022, Tarrant County suicides occurred most often in **May** and **August**

All significant differences detected at the 95% confidence level; Suicide mortality rate via poisoning from 2014 is not provided due to unstable rate from <20 deaths; @ = not enough deaths to stratify by mechanism; Data sources: Centers for Disease Control and Prevention; Data Brief provided by: Office of Data and Informatics

Figure 12. Suicidal ideation emergency department (ED) visits*, Tarrant County and Texas Region 2/3**, 2019-2023



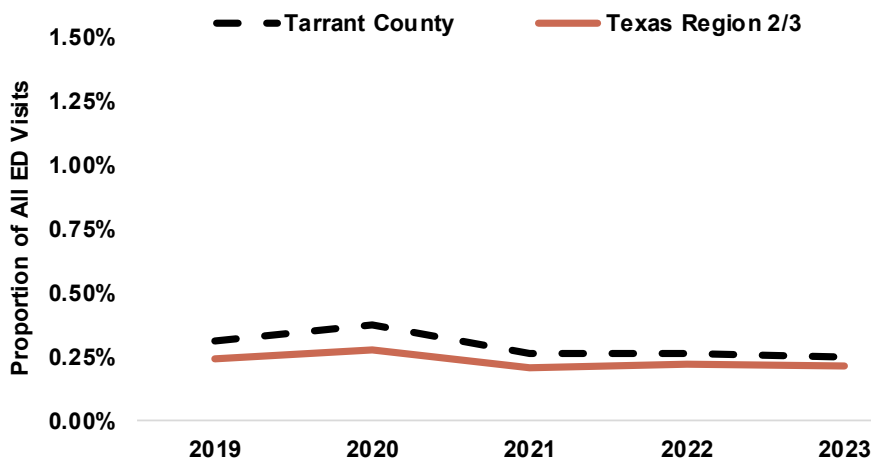
* Suicidal ideation ED visits determined with the 'Suicidal Ideation v1' Syndromic Surveillance definition in ESSENCE; ** Texas Region 2/3 = Texas Department of State Health Services public health region consisting of 49 counties in North Texas (click here for exact coverage)

From 2019-2023, there were **over 54,000** ED visits among Tarrant County residents related to **suicidal ideation**

Among these visits, patients were most frequently aged **25-44 years and male**



Figure 13. Suicide attempt emergency department (ED) visits*, Tarrant County and Texas Region 2/3**, 2019-2023



* Suicide attempt ED visits determined with the 'Suicide Attempt v1' Syndromic Surveillance definition in ESSENCE; ** Texas Region 2/3 = Texas Department of State Health Services public health region consisting of 49 counties in North Texas (click here for exact coverage)

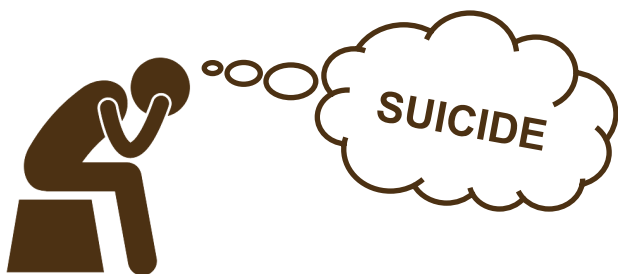
From 2019-2023, there were **over 14,500** ED visits among Tarrant County residents related to **suicide attempts**

Among these visits, patients were most frequently aged **15-24 years and female**



In 2023, **over 1,500** local MHMR patients reported they experienced **suicidal ideation**, **57%** had a specific **suicide plan**, and **over 200** patients attempted suicide

Over 189,000 calls to the National Suicide Prevention Lifeline in 2020 were from **Texas**, an **87% increase** since 2016
23% of callers were transferred to the Veterans Crisis Line



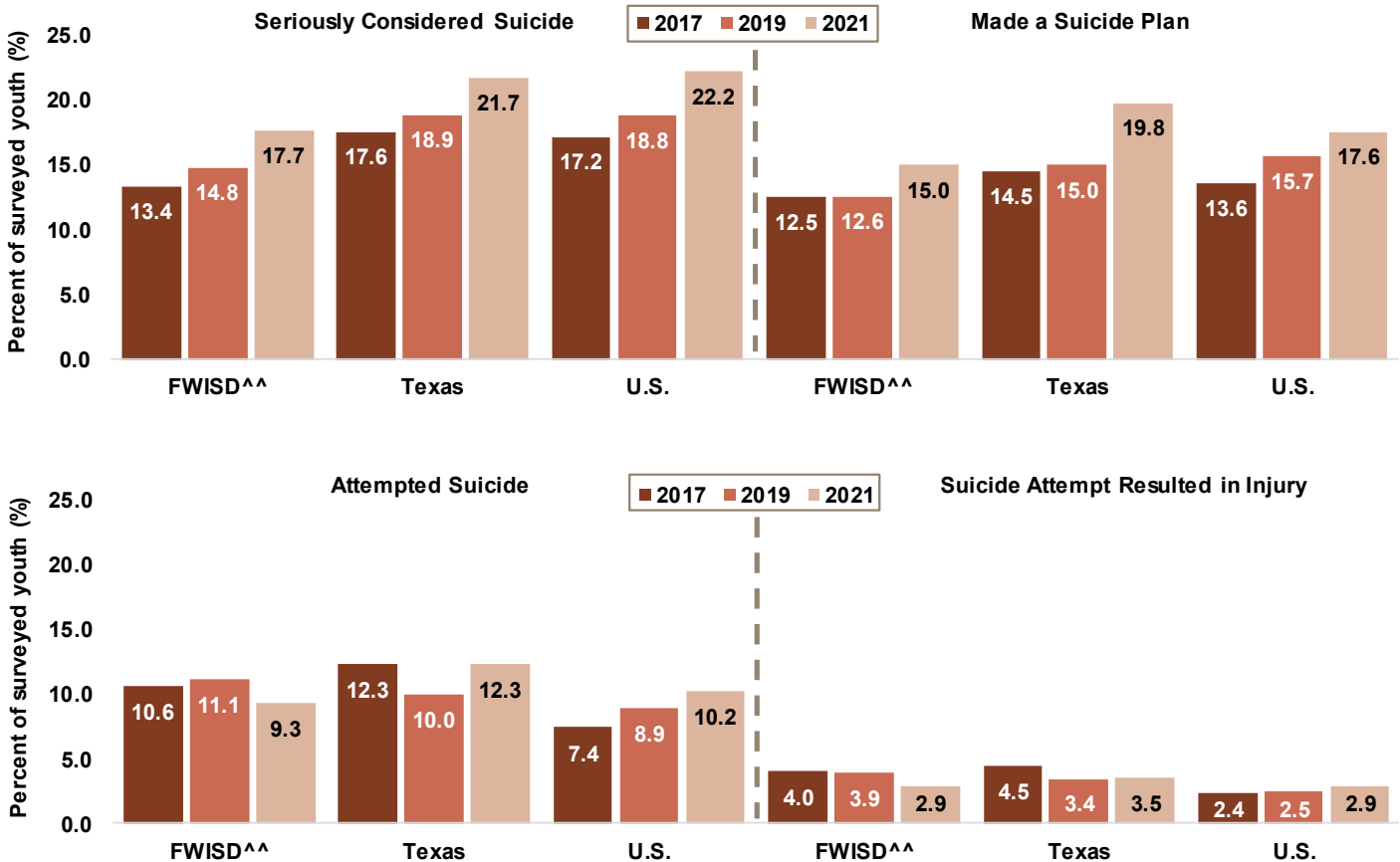
Youth Risk Behavior Survey (YRBS) Suicide-Related Questions

Among high school students (during the past 12 months):

- Did you ever **seriously consider attempting suicide**?
- Did you **make a plan** about how you would attempt suicide?
- How many times did you actually **attempt suicide**?
- If you attempted suicide, did the **suicide attempt result in an injury, poisoning, or overdose** that had to be treated by a doctor or nurse?



Figure 14. Suicide-related behaviors reported by high school students in the Youth Risk Behavior Survey (YRBS) by geographic location, 2017-2021[§]



There was a *significant increase* from 2017 to 2021 for:

- **Seriously Considered Suicide (13.4 to 17.7) among Fort Worth Independent School District (FWISD) high school students**
- **Made a Suicide Plan (14.5 to 19.8) among Texas high school students**
- **Seriously Considered Suicide (17.2 to 22.2), Made a Suicide Plan (13.6 to 17.6), and Attempted Suicide (7.4 to 10.2) among U.S. high school students**

Among high school students in 2021:

- **The U.S. was *significantly higher* than FWISD for Seriously Considered Suicide (22.2 vs. 17.7)**
- **Texas was *significantly higher* than FWISD for Made a Suicide Plan (19.8 vs. 15.0)**
- **For FWISD, Seriously Considered Suicide (17.7) was *significantly higher* than Attempted Suicide (9.3) and Suicide Attempt Resulted in Injury (2.9)**

All significant differences detected at the 95% confidence level; § YRBS data are collected every two years; ^^ Fort Worth Independent School District (FWISD) is the only North Texas school district participating in the YRBS; Data sources: Centers for Disease Control and Prevention; Data Brief provided by: Office of Data and Informatics

Anyone can have thoughts of suicide, regardless of age, gender, or race/ethnicity. While there is no single cause, certain factors *increase the risk* of suicide:

<p>Previous Suicide Attempts</p> 	<p>Family Violence or Intimate Partner Violence</p> 	<p>Family History of Suicide, Mental Health Disorders, or Substance Use</p> 
<p>Stressful Life Events & Interpersonal Stressors</p> 	<p>Terminal Illness or Chronic Pain</p> 	<p>Recently Released from Prison or Jail</p>
<p>Depression & Mental Health Disorders</p>	<p>Substance Use</p> 	<p>Access to Lethal Means</p> 

Suicide Warning Signs

If these apply to you or someone you know, get help as soon as possible

Mood:

- extreme emotional or physical pain
- depressed
- anxious
- angry
- guilty
- unhappy
- humiliated
- loss of interest
- sudden relief
- extreme mood swings



Talking about:

- wanting to die
- wanting to kill themselves
- hopelessness or emptiness
- having no reason to live
- feeling like a burden to others
- feeling trapped
- revenge

Actions:

- making a suicide plan or looking for suicide ideas (buying a gun, stockpiling pills, etc.)
- changing eating/sleeping habits
- using alcohol/drugs more often
- giving away personal items
- isolating themselves
- saying goodbye
- making a will
- taking risks



Education and Prevention

Talk to someone if you are having suicidal thoughts

To help others, recognize suicide warning signs and follow these steps if they are having suicidal thoughts:

1. Ask “Are you thinking about suicide?”
 2. Listen to them and acknowledge their feelings
 3. Reduce access to lethal items/places
 4. Connect them with suicide resources (988 lifeline)
 5. Follow up with them and stay connected
- [afsp.org]
 - [cdc.gov/suicide]
 - [hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services/suicide-prevention]
 - [nimh.nih.gov/health/topics/suicide-prevention]
 - [samhsa.gov/newsroom/observances/suicide-prevention-month]
 - [texassuicideprevention.org]

Resources and Support

- Suicide & Crisis Lifeline (24/7)
Call/Text **988** TTY dial **711** then **988**
[988lifeline.org]
- Veterans Crisis Line (24/7)
Call **988** then press **1** Text **838255**
[veteranscrisisline.net]
- The Trevor Project (LGBTQ+ youth)
Call **1-866-488-7386** Text ‘**START**’ to **678-678**
[thetrevorproject.org]
- MHMR of Tarrant County
Call/Text **800-866-2465** TTY **817-569-4488**
[MHMRtarrant.org]
- Find a mental health provider [findtreatment.gov]

For information on injury and violence topics, visit: [tarrantcountytx.gov/en/public-health/public-health-administration/health-data-and-information/injury-and-violence.html]