

Suicide in Connecticut

Suicides are a major cause of intentional injury death in Connecticut. To better understand the problem in our state, the Office of Injury Prevention actively tracks suicides occurring in CT and among CT residents in/out-of-state and their circumstances using the Connecticut Violent Death Reporting System (CTVDRS).

According to 2016 preliminary data, 388 suicides occurred in CT—**asphyxia (31%) and the use of a firearm (28%) were the leading methods of suicide; 70% of the victims were male.** When a firearm was used, 91% of the victims were male. Approximately 31% of victims had a history of treatment for mental illness and 42% had previously attempted or thought about suicide or disclosed their intent to commit suicide.

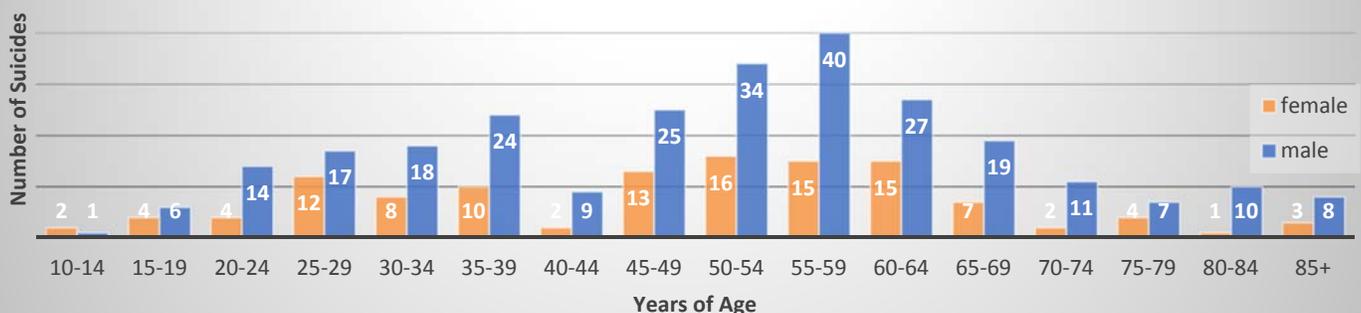
Characteristics

- 270 (70%) of the 388 victims who died by suicide were males
- 87% of the victims were non-Hispanic white; 6% non-Hispanic black; 5% Hispanic; and 2% non-Hispanic of other races
- Victims' ages ranged from 14 to 91 years, with an average age of 50 years; 54% occurred between the ages of 45 and 69 years—53% in this age group used a firearm
- Victims under the age of 17 accounted for 8 of the 388 suicides—50% were male; 63% were non-Hispanic white; 75% died from asphyxia by hanging. Ages ranged from 14 to 16 years

KEY POINTS:

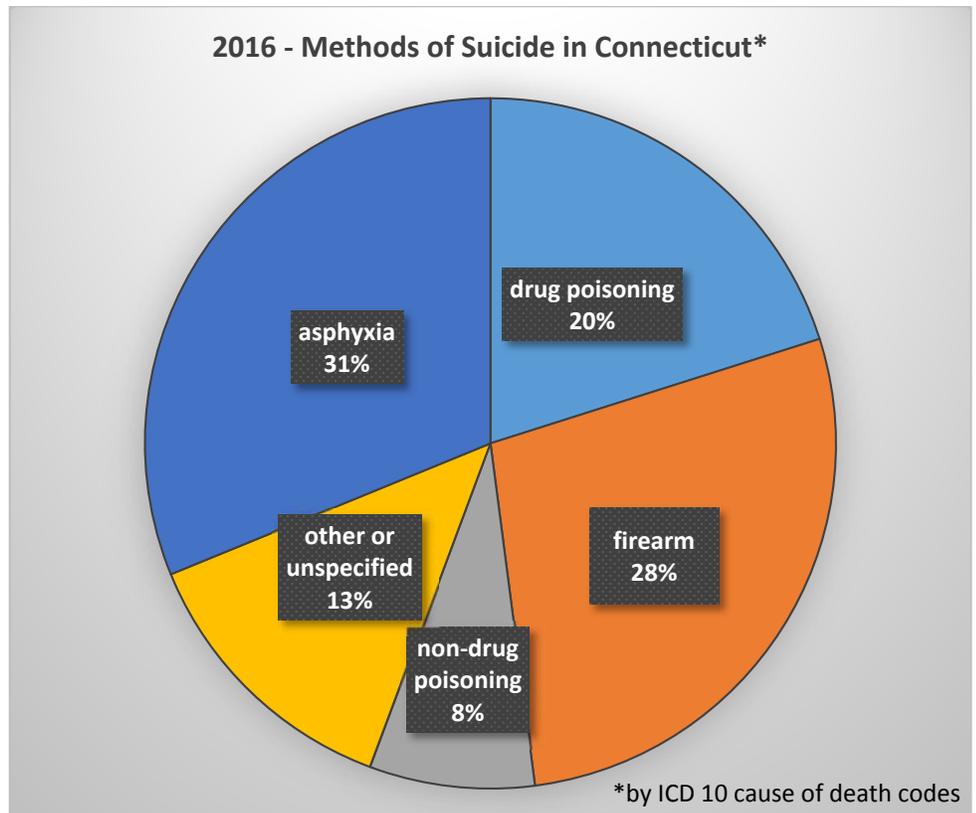
- **388 suicides occurred in CT in 2016, preliminary data show**
- **Age-adjusted rate: 9.7 deaths per 100,000 population vs. 13.3 in the US (2015)**
- **70% were males**
- **The top three risk factors for suicide among all age groups:**
 - **Depressed mood**
 - **Substance use disorder**
 - **History of treatment for mental illness**

2016 - Number of Suicides in Connecticut, by Age and Sex



Methods of Suicide

- Asphyxia (31%) and the use of a firearm (28%) were the leading methods of suicide
- 57% of the suicides by drug poisoning were among females
- When a firearm was used, 91% of the victims were male
- Asphyxia by hanging (48%) was the leading method of suicide among persons under the age of 25 years
- Suicide by firearm was the leading method for males (36%) and persons age 45 and older (30%)



Other Risk Factors for Suicide

- Intimate partner problems, such as separation or divorce, were risks for suicide, especially among men
- A crisis such as a pending arrest for a criminal/legal matter was a major risk factor for suicide
- A physical health problem, especially among persons age 65 years or older
- Among suicide victims under 17 years of age, 50% had a history of treatment for mental illness; 25% had a history of suicide attempts; 25% reported problems at school; and 25% of the suicides occurred during or within a 24 hour period of an argument

For more information about CTDVRS, please visit us at www.ct.gov/dph/ctvdrs.

Contact Information

Office of Injury Prevention

Community, Family Health and Prevention Section

Connecticut Department of Public Health

Phone: 860-509-8251

Injury Office Webpages: www.ct.gov/dph/injuryprevention and www.ct.gov/dph/ctvdrs

For more information about suicide prevention, see <http://www.preventsuicidect.org>