

## **SUICIDE PREVENTION in VERMONT – WE NEED YOUR SUPPORT!**

### **Here are the facts. The data is staggering...**

1. Vermont has the 11<sup>th</sup> highest rate of suicide in the nation, which is 118 deaths in 2016 (AAS 2017).
2. On average, two Vermonters die each week to suicide. This is higher than the combined number of deaths from motor vehicle accidents, fires, drownings, and homicides in Vermont.
3. This is higher than the combined number of deaths from motor vehicle accidents, fires, drownings, and homicides in Vermont (CDC WISQARS and VDH).
4. Suicide is the second leading cause of death for Vermonters aged 15 through 34, and the third leading cause of death for Vermonters aged 35-44 (CDC WISQARS and VDH).
5. The problem of suicide has grown 40% over the past eight years. Vermont's suicide death rate per 100,000 people increased from 12 to 16.5 people (2005-2015) (CDC WISQARS).
6. Over the past ten years, Vermont's suicide death rates have averaged 30% higher than the US rates (Delaney analysis of data from CDC WISQARS since 2014).
7. It is estimated that there are 32 suicide attempts for every suicide death. In Vermont, this would translate to over 3,000 suicide attempts being made in one year (2013). (Source: Dr. Alex Crosby, CDC, presentation at 2015 AAS).

### **Suicide Prevention Works!**

It turns out that the idea that “If someone wants to kill themselves, they’ll find a way” is a myth. Studies that follow people who made serious suicide attempts find that more than 90% of them do not go on to die by suicide (Owens, 2002). If they are identified as suicidal and get effective treatment and follow up services, they can recover.

Research demonstrates that effective suicide focused care dramatically reduces deaths by suicide. By comparing treatment as usual vs. the use of evidence-based therapies in a pathway of care that includes screening, assessment, suicide-focused care and follow-up, we learn that most deaths by suicide can be prevented.

Suicide is diagnosable, it is treatable and can largely be prevented. The VT SPC promotes effective evidence- and results-based approaches to suicide prevention to ensure that we can avert crisis.

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