

# Sharing Suicide Data to Save Lives

## National Violent Death Reporting System (NVDRS)

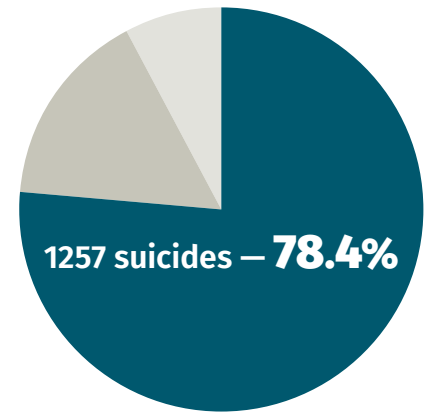
NVDRS is the only state-based surveillance system that pools more than 600 unique data elements from:

- Death certificates
- Coroner/medical examiner reports
- Law enforcement reports
- Toxicology reports

NVDRS data covers all types of violent deaths, including firearm-related unintentional injury deaths, suicides, homicides, and undetermined deaths.

In 2019, 1604 violent deaths were reported into Washington Violent Death Reporting System (WA-VDRS). Of the total deaths reported from all 39 counties in WA, 1257(78.4%) were suicides.

## 1619 violent deaths 2019



## Who, When, Where, How and Why

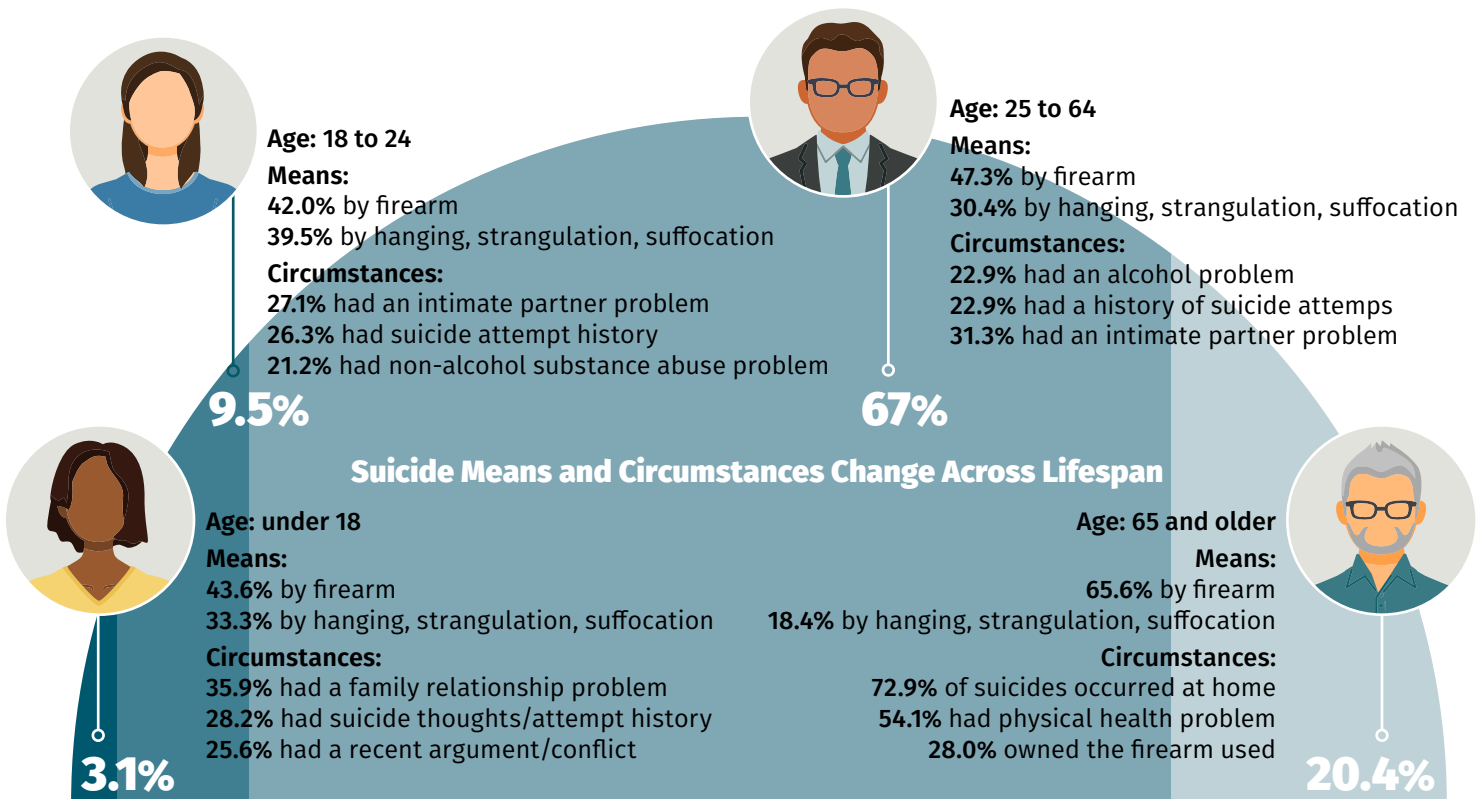
NVDRS collects data on the **Who, When, Where, and How** of violent deaths to help us better understand **Why** they occurred. In Washington State, suicide by firearm was more prevalent among men than women in 2019. The most common means of death by suicide for women was poisoning. Most firearms used were handguns, and 22% of the firearms belonged to the victim, while over 60% were of unknown ownership. Studies show that reducing access to lethal means during a crisis saves lives.

60% of all people who died by suicide were affected by depressed moods and mental health problems. 25% of people disclosed suicide intent- most often to an intimate partner, followed by family members and/or friends/colleagues.

In Washington, means and circumstances related to suicide—such as relationship and life stressors—change over the lifespan. In all age groups the majority of suicides happen at home where help and attention may be available to those in distress.

## Of the 1257 suicides:

- 79.2%** were males
- 63.2%** happened at home
- 50.4%** involved a firearm
- 42.9%** history of suicide thoughts
- 37.2%** left a suicide note
- 20.6%** served in the military



## Suicide Means and Circumstances Change Across Lifespan

## Suicide is preventable — Everyone can play a role

Suicide prevention requires a comprehensive approach that occurs at all levels of society. The Centers for Disease Control and Prevention (CDC) has developed a set of strategies to help states, communities, and individuals reduce risk and increase resilience:

- **Create** protective environments
- **Promote** connectedness
- **Teach** coping and problem-solving skills
- **Identify** and **support** people at risk
- **Lessen** harms and **prevent** future risk
- **Strengthen** economic supports
- **Strengthen** access and delivery of suicide care

For planning and prevention resources visit [CDC's Suicide Prevention](#) website.

### More Resources

**Means:** Reducing a suicidal person's access to highly lethal means is an important part of suicide prevention. Learn more about means reduction at [Harvard's Means Matters](#).

**Location:** The majority of Washington suicides occur in the home. Learn how to reduce access to lethal means before and during a crisis at [Washington's Safer Homes](#).

**Circumstances:** Suicide is complex and many factors contribute to thoughts of suicide. Learn more from [CDC's Vital Signs](#).

**BeThe1To:** If you think someone you know is considering suicide, talk to them and connect them to the support they need. [Learn 5 Steps](#) you can take to be a supportive and empathetic listener for them.

**Lived Experience:** If you are thinking of suicide or made a suicide attempt, please know that help is available. Along with supportive family and friends, people who have experienced thoughts of suicide and suicide attempt survivors have created strong peer communities. Learn more at [Now Matters Now](#).

**Postvention:** It's important to support the individuals, families, and communities affected by suicide loss, to reduce the cycle of trauma and increased suicide risk. Learn more at the [American Foundation for Suicide Prevention](#).

## Be part of the solution

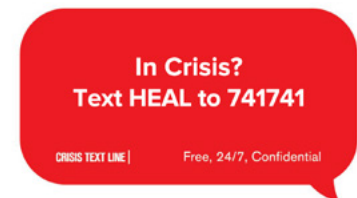
Preventing suicide involves families, communities, partnerships, and working across sectors.



### Crisis Help



**Support** for increased stress due to COVID-19: [WAlistens.org](#)  
**Talk:** 1-833-681-0211



**Text:** HEAL to 741741 if you or someone you know is in crisis.

