



Facts about Suicide in Colorado

Colorado ranks 6th in the U.S. in suicide deaths.

867 Coloradans died by suicide in 2010.

More Coloradans die each year by suicide than by car crashes, homicide, diabetes and breast cancer.

Suicide is the 2nd leading cause of death among Coloradans ages 10 – 34.

The largest number of suicide deaths is among men ages 35 to 54.

The cost of these deaths is high to families and businesses.

More suicide prevention, intervention and education efforts are crucial statewide, especially in rural areas.

Some Risk Factors

- Men, especially those over age 75
- Abuse of alcohol and drugs
- Veterans
- Previous suicide attempt
- Family history of suicide
- Social isolation, loss of relationship
- Major physical illness
- Easy access to lethal means (pills, guns)
- Depression, other mental illnesses
- Job loss, financial hardship
- Limited access to mental health services

Warning Signs of Suicide

- Sadness, feelings of hopelessness
- Change in sleep pattern or appetite
- Alcohol or drug abuse
- Reckless behavior
- Preoccupation with death, threats of suicide
- Decline in performance at work or school
- Withdrawal from friends and family

Sources: American Association of Suicidology; Colorado Office of Suicide Prevention, Colorado Department of Public Health and Environment