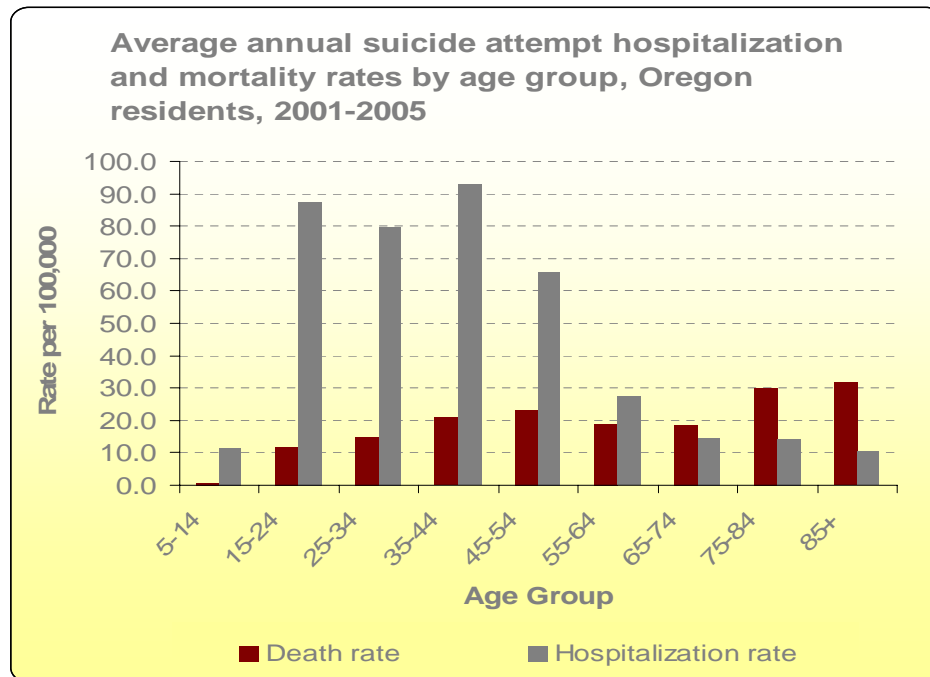


## Suicide in Oregon



### Who dies by suicide?

- In 2005, 559 Oregonians died by suicide, making it the leading cause of injury death in Oregon.
- Males are four times more likely to die from suicide than females. Suicide risk for men in Oregon increases over the life course, with the highest rates among the most elderly.
- Over 1,800 Oregonians are hospitalized each year due to suicide attempts.
- From 2001 and 2005, the highest rates of hospitalizations due to suicide attempts occurred among women aged 15-44; in the same period, the highest rates of suicide death occurred among men over 65 years of age.

### What are the most common mechanisms of suicide?

- A firearm was the mechanism in 56 percent of all suicides; poison was the mechanism in 20 percent, followed by suffocation/hanging at 17 percent.

- 66 percent of all poisoning hospitalizations are due to suicide attempts.

### What are recommendations to prevent suicide?

- Screen and identify those at risk for suicide.
- Refer people for appropriate treatment.
- Reduce the stigma associated with engaging in mental health treatment.
- Implement outreach and follow-up services to adult males.
- Teach Oregonians suicide intervention skills.
- Implement school-based interventions.
- Provide education for primary care providers, behavioral health care providers, and other human services providers.

### For more information contact:

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