

Suicide Thoughts and Behaviors

DESCRIPTION

Suicidal thoughts or behaviors are both damaging and dangerous and are therefore considered a psychiatric emergency.¹ A suicide attempt is a nonfatal, self-directed, potentially injurious behavior with intent to die as a result of the behavior. Suicidal thoughts, also called suicidal ideation, refers to thinking about, considering, or planning suicide.² According to the Centers for Disease Control and Prevention, self-directed violence (SDV) encompasses a range of violent behaviors, including acts of fatal and nonfatal suicidal behavior, and non-suicidal intentional self-harm (i.e., behaviors where the intention is not to kill oneself, as in self-mutilation). It also includes suicidal ideation (i.e., thinking about, considering, or planning for suicide).³ Four percent of adults age 18 and older in the U.S. had thoughts about suicide in 2016. Nationally, the percentage of adults having serious thoughts of suicide and adults that attempted suicide was highest among adults aged 18-25 and among adults reporting two or more races.⁴ Other research indicates that >50 percent of persons who engage in suicidal behavior never seek health services.³ Consequently, prevalence figures based on health records substantially underestimate the societal burden of suicidal thoughts and behavior.

HOW WE ARE DOING

Ramsey County in 2016 had the highest rate (785.3 per 100,000 population) of nonfatal SDV visits to a hospital or emergency department in the 7-county metro area.⁵ In 2016, Ramsey County 8th, 9th and 11th graders were asked if they had ever seriously considered attempting suicide, 23.4 percent said they had at some point in their lives and 12.2 percent in the past year (12.8 percent of 8th graders, 11.5 percent of 9th graders, 13.2 percent of 11th graders). When asked if they had ever actually attempted suicide, 8.8 percent of students responded yes. Among all 9th graders in the metro area, Ramsey County had the highest percentage of students reporting actually attempting suicide.⁶

BENCHMARK INDICATOR

Healthy People 2020: Reduce suicide attempts by adolescents that require medical attention.

U.S. Target: 1700 suicide attempts per 100,000 population.⁷

DISPARITIES

Rates of suicide are higher among males than among females, while the reverse is found in studies of suicidal thoughts and nonfatal suicidal behavior. Nationally, young adults and adults reporting more than one race have higher rates of suicide thoughts and behaviors.⁸

RISK FACTORS

Many factors can increase the risk of suicidal thoughts and behaviors, such as childhood trauma, serious mental illness, physical illness, alcohol or other abuse, a painful loss, (continued on back)

Information to note

- Ramsey County in 2016 had the highest rate of visits to a hospital or emergency room for nonfatal self-directed violence among counties in the Metro area.
- Among all 9th graders in the metro area, Ramsey County had the highest percentage of students attempting suicide in 2016.

¹ Risk of Suicide. NAMI. <https://www.nami.org/Learn-More/Mental-Health-Conditions/Related-Conditions/Suicide>. Accessed July 11, 2018.

² Suicide. National Institute of Mental Health. https://www.nimh.nih.gov/health/statistics/suicide.shtml#part_154973. Accessed July 11, 2018.

³ Crosby AE, Ortega L, Melanson C. Self-directed Violence Surveillance: Uniform Definitions and Recommended Data Elements, Version 1.0. Atlanta (GA): Centers for Disease Control and Prevention, National Center for Injury Prevention and Control; 2011. <https://www.cdc.gov/violenceprevention/pdf/self-directed-violence-a.pdf>. Accessed July 2, 2018.

⁴ Centers for Disease Control and Prevention (CDC) WISQARS Leading Causes of Death Reports. <https://webappa.cdc.gov/sasweb/ncipc/leadcause.html>. Accessed July 11, 2018.

⁵ MIDAS Injury Data System. Minnesota Department of Health. <http://www.health.state.mn.us/injury/midas/injury>. Accessed July 2, 2018.

⁶ Minnesota Student Survey. Saint Paul – Ramsey County Public Health data set.

⁷ Mental Health and Mental Disorders. Healthy People 2020. <https://www.healthypeople.gov/2020/topics-objectives/topic/mental-health-and-mental-disorders/objectives>. Accessed July 2, 2018.

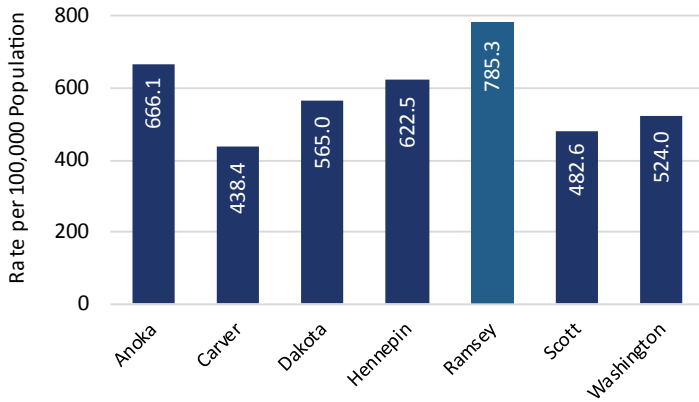
⁸ Minnesota State Suicide Prevention Plan. Goals and Objectives for Action: 2015-2020. Suicide Prevention Resource Center. <http://www.sprc.org/sites/default/files/Minnesota%20SuicidePreventionStatePlan2015.pdf>. Accessed July 11, 2018.

exposure to violence, social isolation, and easy access to lethal means. Factors such as meaningful relationships, coping skills and safe and supportive communities can decrease the risk of suicidal thoughts and behaviors.⁹

WHAT RAMSEY COUNTY GOVERNMENT IS DOING

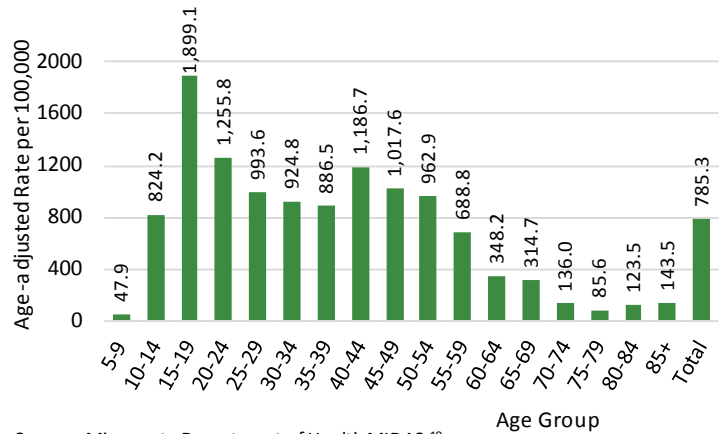
Ramsey County offers an array of mental health services to adults. Crisis services include walk-in access to psychiatrists, nurses, and social workers as an alternative to the emergency room and a 24/7 phone line offering support and referral. Ramsey County's Mental Health Center offers ongoing mental health care including assessment and referral, therapy, partial hospitalization day programming, and targeted case management. All services are offered on a sliding-fee scale for those without insurance coverage.

Rate of Nonfatal Self-Directed Violence Visits Treated at an Emergency Department/Hospital by Metro County, 2016



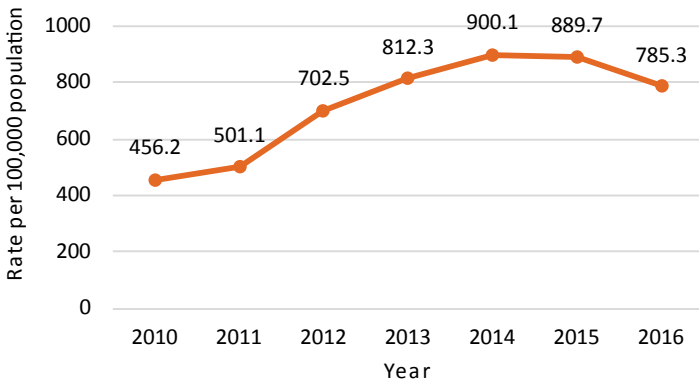
Source: Minnesota Department of Health MIDAS.¹⁰

Rate of Nonfatal Self-Directed Violence Visits Treated at an Emergency Department/Hospital by Age Group, Ramsey County, 2016



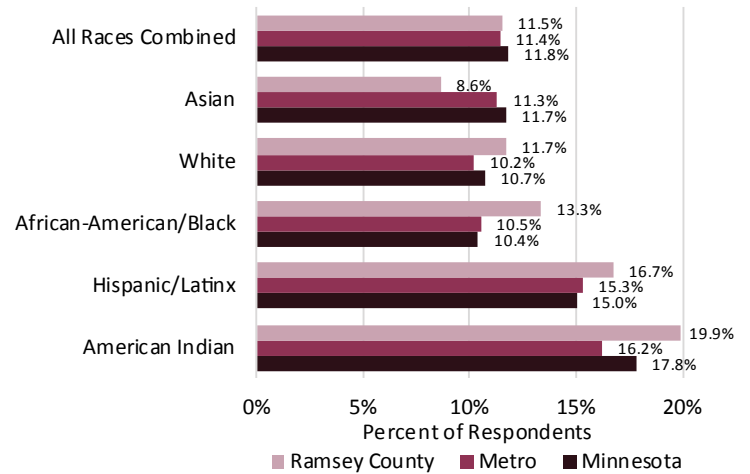
Source: Minnesota Department of Health MIDAS.¹⁰

Rate of Nonfatal Self-Directed Violence Visits Treated at an Emergency Department/Hospital, Ramsey County, 2010 - 2016



Source: Minnesota Department of Health MIDAS.¹⁰

9th Graders Who Seriously Considered Attempting Suicide in the Last Year, 2016



Source: Saint Paul - Ramsey County Public Health data set.

⁹ Suicide. National Institute of Mental Health. https://www.nimh.nih.gov/health/statistics/suicide.shtml#part_154973. Accessed July 11, 2018.

¹⁰ Minnesota Department of Health MIDAS. <http://www.health.state.mn.us/injury/midas/index.cfm>. Accessed July 2018.