

# Suicide & Indian Country

Suicide is the **10th** leading cause of death in Kansas & Kansas ranks **19th** in the nation for suicide death rates.

<https://www.cdc.gov/nchs/pressroom/states/kansas.htm>

IN KANSAS  
SUICIDE  
IS THE...

2nd leading cause of death for ages 10-14

2nd leading cause of death for ages 15-34

4th leading cause of death for ages 35-54

8th leading cause of death for ages 55-64

<https://www.cdc.gov/violenceprevention/suicide/statistics/>



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- Suicide is the second leading cause of death for the Kansas American Indian/Alaskan Native (AI/AN) population for ages 15-34.
- Suicide rates for AI/AN males are highest for ages 14-24 in Kansas.
- Suicide rates for AI/AN females are highest for ages 25-34 in Kansas.

<http://suicidepreventionlifeline.org/>

1-800-273-8255

## Risk & Protective Factors for Suicide:

### Risk Factors for Suicide:

A combination of individual, relationship, community, and societal factors that contribute to the risk of suicide...

- Family history of suicide
- Family history of child maltreatment
- Previous suicide attempt(s)
- History of mental disorders, particularly clinical depression
- History of substance abuse
- Feeling of hopelessness
- Impulsive or aggressive tendencies
- Cultural and religious beliefs (e.g., belief that suicide is noble resolution of a personal dilemma)
- Local outbreaks of suicide
- Isolation, a feeling of being cut off from other people
- Barriers to accessing mental health treatment
- Loss (relational, social, work, or financial)
- Physical illness
- Easy access to deadly methods
- Unwillingness to seek help because of stigma attached to mental health and substance abuse disorders or to suicidal thoughts

### Protective Factors for Suicide:

Protective factors help to 'protect' individuals from suicidal thoughts and behavior. Knowing and understanding protective factors is just as important as knowing and understanding risk factors.

- Effective clinical care for mental, physical, and substance abuse disorders.
- Easy access to a variety of clinical interventions and support for seeking help.
- Family and community support (connectedness).
- Support from ongoing medical and mental health care relationships.
- Skills in problem solving, conflict resolution, and nonviolent ways of handling disputes.
- Cultural and religious beliefs that discourage suicide and support self-preservation.

<https://www.cdc.gov/violenceprevention/suicide/riskprotectivefactors.html>

## Resources

- National Institute for Mental Health [www.nimh.nih.gov](http://www.nimh.nih.gov)
- Substance Abuse and Mental Health Services Administration [www.samhsa.gov](http://www.samhsa.gov)
- Suicide Prevention Resource Center [www.sprc.org](http://www.sprc.org)
- Center for Disease Control and Prevention [www.cdc.gov](http://www.cdc.gov)
- Indian Health Services [www.ihs.gov](http://www.ihs.gov)
- National Suicide Prevention Lifeline [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

<https://www.cdc.gov/violenceprevention/suicide/prevention.html>