

Suicide & Indian Country

Suicide is the **8th** leading cause of death in Oklahoma & Oklahoma ranks **9th** in the nation for suicide death rates.

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

IN OKLAHOMA SUICIDE IS THE...

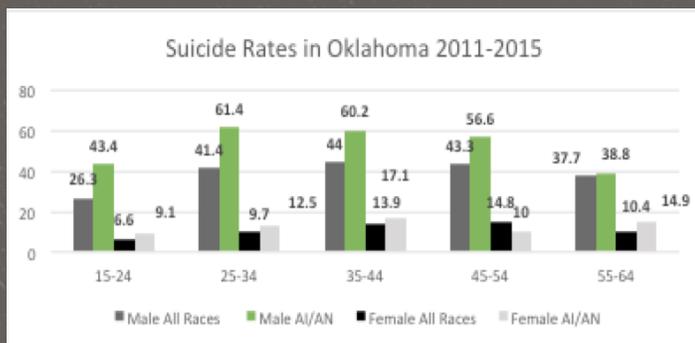
1st leading cause of death for ages 10-14

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/>



http://www.health.state.ok.us/stats/Vital_Statistics/Death/Final/Statistics10.shtml

- The Oklahoma American Indian/Alaskan Nation (AI/AN) population has overall higher suicide death rates compared to Oklahoma All Races.
- AI/AN males have the highest suicide death rates compared to All Race males for all age groups in Oklahoma.
- AI/AN females have the highest suicide death rates compared to All Race females for all age groups except ages 45-54.

<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 a 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
- Substance Abuse and Mental Health Services Administration
www.samhsa.gov
- Suicide Prevention Resource Center
www.sprc.org
- Center for Disease Control and Prevention
www.cdc.gov
- Indian Health Services
www.ihs.gov
- National Suicide Prevention Lifeline
www.suicidepreventionlifeline.org

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