Suicide in Montana among High School Youth

Attempted Suicide
In 2019, 1 in 10 (10%) high school students in Montana reported having attempted suicide within the past 12 months.

Nearly 8 percent of male students and 12 percent of female students reported having attempted suicide. Almost 1 in 7 (15%) Native American high school students and 1 in 6 (17%) Hispanic students reported having attempted suicide.

Risk Factors of Suicide
- Victimization
- Depression/Mental Disorders
- Lack of access to behavioral health services
- Drug/Alcohol misuse
- Parental disconnect
- Minority status: American Indian youths, LGBTQ youth
- Access to lethal means

Students who attempted suicide were more likely than students who did not attempt suicide to report:

<table>
<thead>
<tr>
<th>Factor</th>
<th>Attempted</th>
<th>Did not attempt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Having been bullied on school property</td>
<td>48%</td>
<td>19%</td>
</tr>
<tr>
<td>Having been electronically bullied</td>
<td>47%</td>
<td>14%</td>
</tr>
<tr>
<td>Having been bullied based on sexual orientation</td>
<td>35%</td>
<td>11%</td>
</tr>
</tbody>
</table>

Among all Montana high school students:

- 37% Felt Sad or Hopeless
- 23% Seriously considered Suicide
- 20% Made a Suicide Plan

For a complete report, see the 2019 Montana Youth Risk Behavior Survey Suicide Report

Suicide is Preventable, Know the Signs

Expressed or communicated ideation
Increased alcohol and/or drug use
Isolation and/or withdrawal from friends, family, and society
Changes in mood, anxiety, agitation, anger, acting recklessly
Feeling trapped or hopeless, lacking a sense of purpose in life
Giving away possessions, not maintaining hygiene

Data sources:
2) Suicide in Montana; https://dphhs.mt.gov/Portals/85/suicideprevention/SuicideinMontana.pdf

Suicide = 2nd leading cause of death among young Americans (15-24)
Most of these suicides occur after school hours, at home
LGBTQ youth are 4x more likely to attempt suicide

If you are in crisis and want help, call the Montana Suicide Prevention Lifeline, 24/7, at 1-800-273-8255 or text "MT" to 741 741

For a complete report, see the Suicide in Montana Facts, Figures, and Formulas for Prevention