

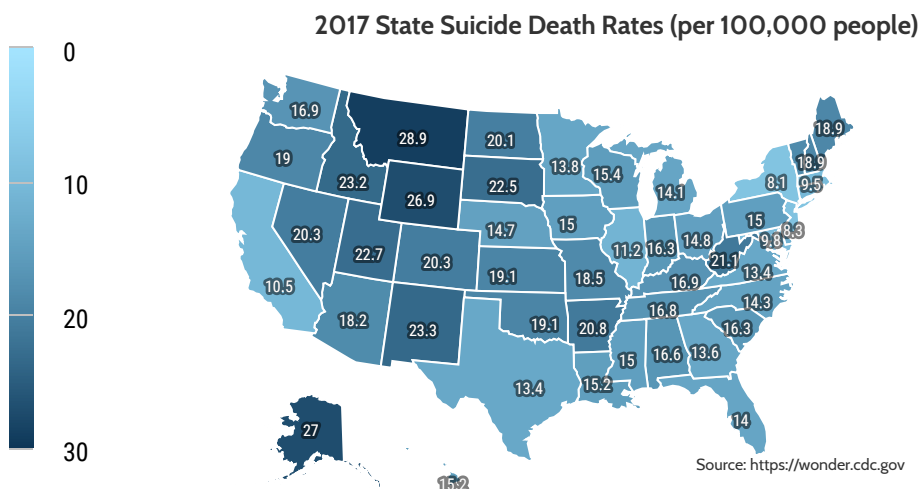
Between 2013 and 2017, approximately 270 Montanans died by suicide each year

Montana has ranked among the top 5 states with the highest suicide rate for over 40 years

In 2017, Montana's suicide death rate was

2x HIGHER

than the national rate - 28.9 deaths per 100,000 people (MT) versus 14.0 deaths per 100,000 people (U.S.)



Among males

In Montana, males account for nearly 4 out of every 5 (80%) suicide deaths.



In 2017, Montana's suicide death rate for males was

3.7x HIGHER

than that of females (46.0 deaths per 100,000 people versus 12.3 deaths per 100,000 people respectively).

Among American Indians

From 2013-2017, the suicide death rate among American Indian and white, non-Hispanic residents was statistically similar.

31.8

deaths per 100,000 people among American Indian residents
[95% Confidence Interval (25.6-38.0)]

25.1

deaths per 100,000 people among white, non-Hispanic residents
[95% Confidence Interval (23.6-26.6)]

Suicide is Preventable, Know the Signs:

Signs may include: expressed or communicated ideation, increased alcohol or drug use, isolation or withdrawal from friends and family, changes in mood, including anxiety, agitation, or anger, acting recklessly, feeling trapped or hopeless, lacking a sense of purpose in life, failure to maintain personal hygiene, and giving away possessions.

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.

Data Sources:

1. Centers for Disease Control and Prevention. Underlying Cause of Death 1999-2017 on CDC Wonder Online Database. Accessed at <https://wonder.cdc.gov/>
2. Montana Department of Public Health and Human Services, Montana Vital Statistics Analysis Unit, Montana Death Certificates, 2012-2017.

*All rates are age-adjusted. Age-adjustment is a statistical procedure that allows for populations with different age distributions to be compared to one another