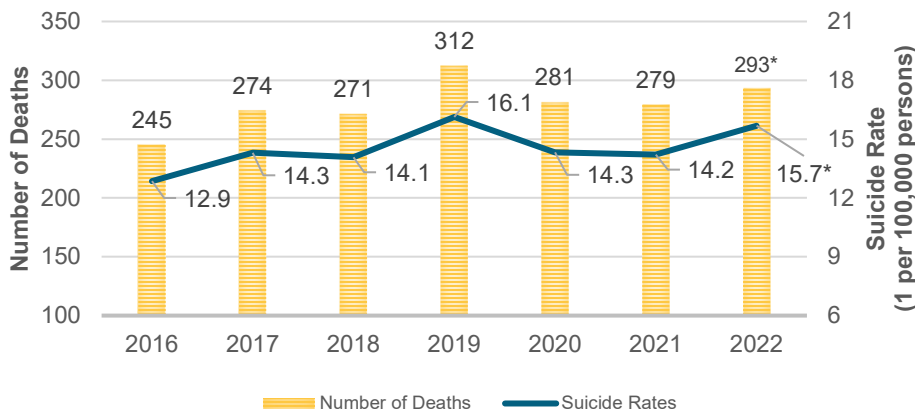


A total of 1,955 Nebraskans have died due to suicide in the past seven (7) years. Suicide deaths in Nebraska increased over the past seven (7) years, with non-Hispanic white males impacted the most. Additionally, those in between 25-64 years old make up the majority of suicide deaths over this time period.

Trends in Suicide in Nebraska, 2016-2022*



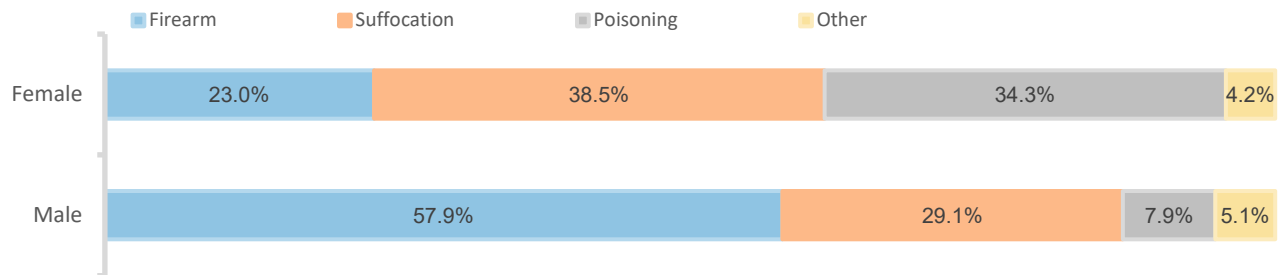
Suicide deaths increased from 2016 through 2019 with a slight decline in 2020.

2021 and preliminary 2022 data show that suicide deaths have resumed the previous upward trend.

Source: Nebraska Vital Records, 2016-2022; * 2022 Nebraska Vital Records data is preliminary and subject to change.

1,955 Nebraskans have died due to suicide from 2016 through 2022*

Manner of Suicide in Nebraska, 2016-2022*

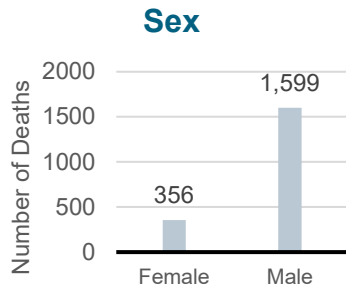


Source: Nebraska Vital Records, 2016-2022; * 2022 Nebraska Vital Records data is preliminary and subject to change.

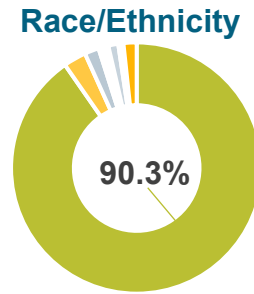
The most common manners of suicide differed by sex, with males primarily utilizing firearm and suffocation as their common manners. Meanwhile, females tend to utilize suffocation, poisoning, and firearms, respectively, as their primary manners.

Demographic Trends in Suicide in Nebraska, 2016-2022*

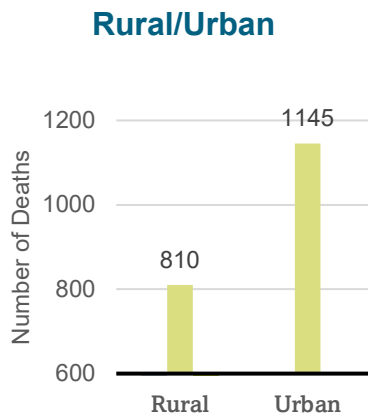
Source: Nebraska Vital Records, 2016-2022; * 2022 Nebraska Vital Records data is preliminary and subject to change.



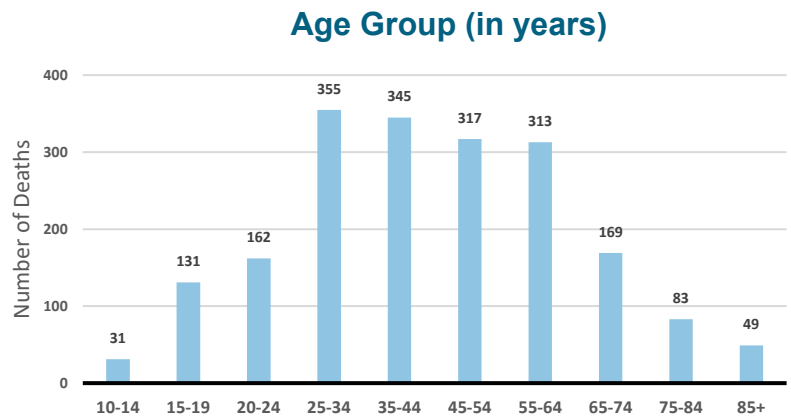
Approximately 81.8% of suicide deaths (2016 – 2022*) are among males, who had 4.5 times the suicide rate of females.



Most suicide deaths (90.3%) from 2016 – 2022* were among non-Hispanic whites.



Rural residents had higher suicide rates (20.2 per 100,000 persons) than urban residents (10.0 per 100,000 persons) although most suicide deaths were urban residents.

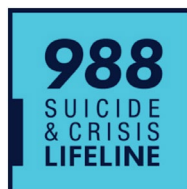


From 2016 – 2022* the majority of suicides occurred in the 25-34 year old age group, followed closely by the 35-44, 45-54, and 55-64 year old age groups respectively.

Suicide Prevention Resources

If you or someone you know need immediate help, call or text 988.

When you have a mental health or substance use emergency, many do not know who to call. You may call your doctor on-call for advice, you may call the police not knowing who else to call, you may go to an emergency room, you may call the Nebraska Family Helpline, you may call 911... but NOW you can call 988.



For additional information about Suicide Prevention, please go to www.dhhs.ne.gov/Pages/988-Suicide-and-Crisis-Lifeline.aspx