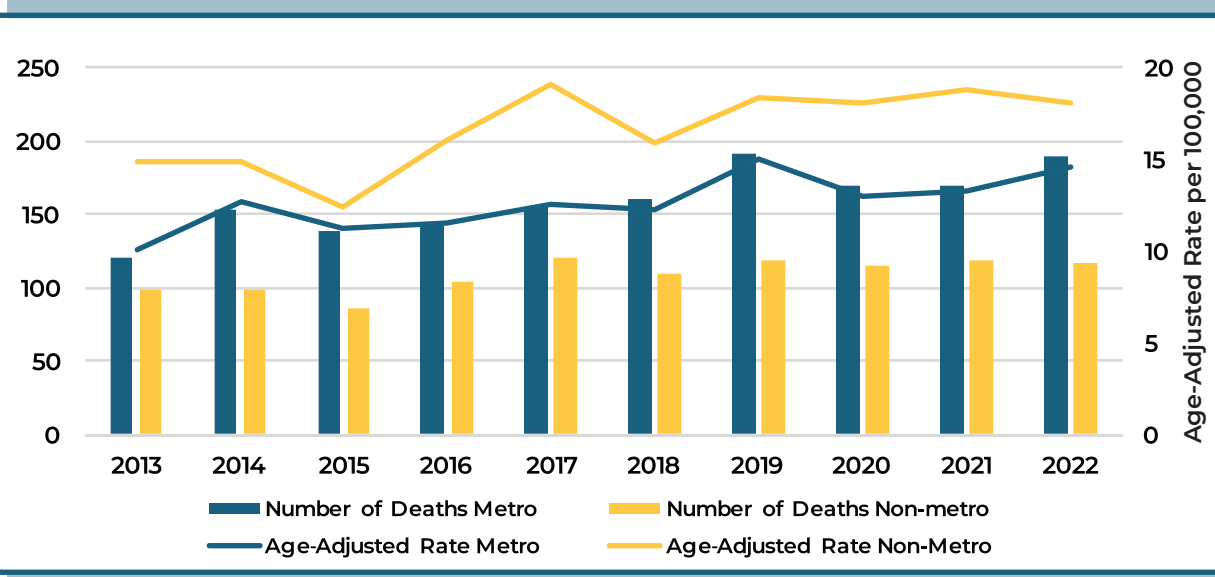
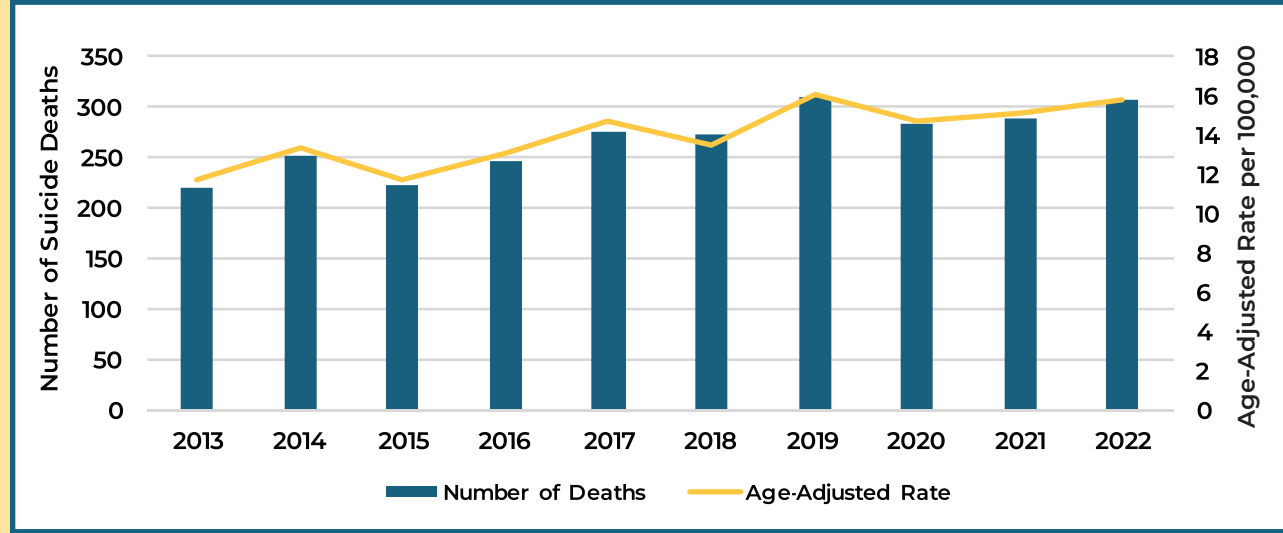


1

Number and Age-Adjusted Rate of Suicide by Year in Nebraska, 2013 to 2022

Suicide continues to be a serious public health concern for Nebraskans. The number of suicide deaths increased 39.1% from 220 in 2013 to 306 in 2022, resulting in a total 58,958 years of potential lives lost during this time. In 2022, suicide was the second leading cause of death for Nebraskans aged 15-44. The economic impact of 2022 suicide deaths in Nebraska exceeded \$3.2 billion dollars.



2

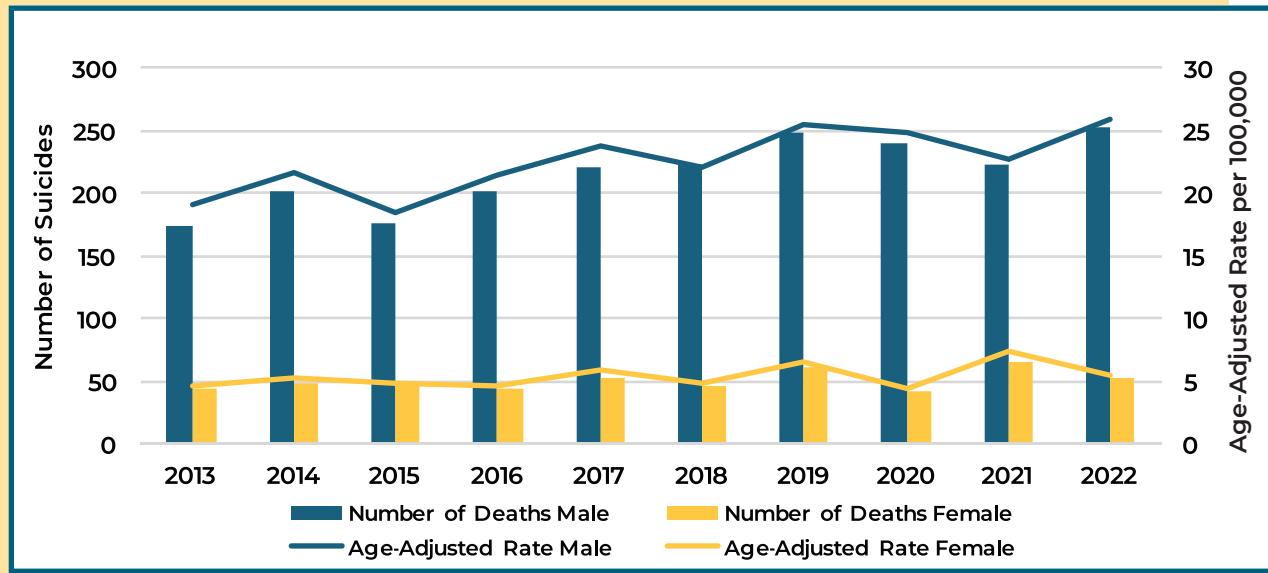
Age-Adjusted Rate by Urbanicity by Year in Nebraska, 2013 to 2022

The number of suicides in urban areas increased 57.0% from 121 in 2013 to 190 in 2022. In rural areas, the number of suicides increased 17.2% from 99 in 2013 to 116 in 2022. The age adjusted suicide rate is consistently higher in rural areas. This indicates a disproportionate impact of suicide in rural areas. While the age adjusted suicide rate increased 20.9% in rural areas from 2013 to 2022, this rate has increased 44.5% in urban areas.

3

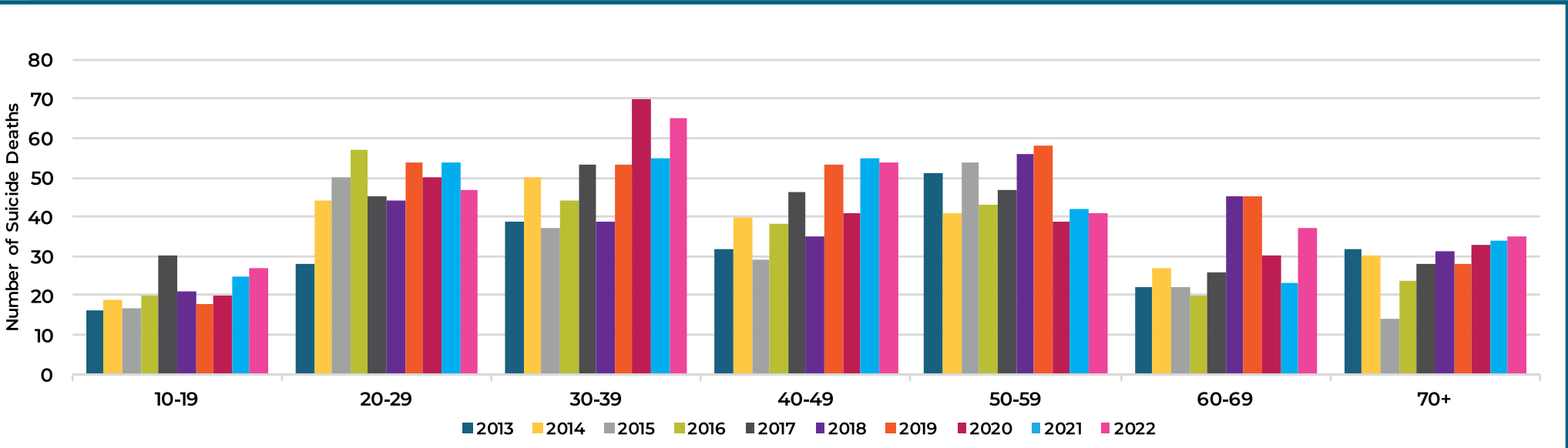
Number and Age-Adjusted Rate of Suicide by Gender and Year in Nebraska, 2013 to 2022

The age-adjusted suicide rate for males was 25.88 in 2022, nearly five times the rate for females (5.52). The number of suicides among males increased 45.1% from 175 in 2013 to 254 in 2022. Though the number of females dying by suicide increased 15.6% from 2013 to 2022, the increase in years of potential life lost for females was 65.8% - indicating a trend towards younger women dying by suicide.



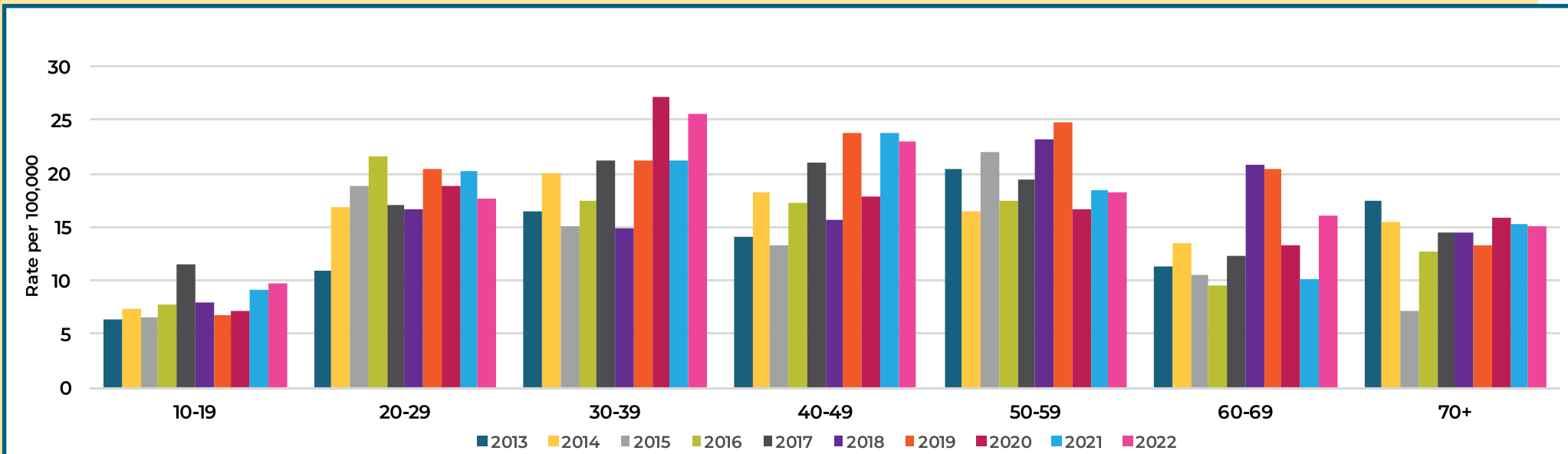
4 Number of Suicides by Age Group and Year in Nebraska, 2013 to 2022

Nebraskans between 30 and 39 accounted for the most suicides (65) and highest age-adjusted suicide rate (25.63) in 2022. The number of those who died by suicide in the 40-49 age group increased 68.8% from 32 in 2013 to 54 in 2022, this was the largest percentage increase of any age group.



5 Suicide Rate by Age Group and Year in Nebraska, 2013 to 2022

The 40-49 age group had an age-adjusted suicide rate increase of 63.0% was the largest 10-year age-adjusted rate increase. This increase was closely followed by the 20-29 age group at 62.5% and the 10-19 and 30-39 age group at 56.6%. The 50-59 and 70+ age groups experienced a decrease of 10.6% and 14.3%, respectively, in their age-adjusted suicide rate between 2013 and 2022.



If you or someone you know is experiencing a mental health crisis or thoughts of suicide, help is available. The 988 Suicide & Crisis Lifeline offers free, confidential support 24/7. By calling or texting 988, you can connect with trained counselors who provide compassionate assistance and resources to navigate through difficult times. Don't hesitate to reach out—help is just a call or text away.