

Priority: Suicide

Goal: Prevent suicides.

What is Suicide and Why is it Important?

Suicide is death caused by injuring oneself with the intent to die. It was the 11th leading cause of death overall in the US in 2022, and the second among individuals aged 10-34. Approximately 16 million Americans seriously considered suicide in 2023.¹⁶⁴

One of the highest priorities in NYS is to save lives and reduce the devastating impact of suicide on individuals, families, and communities. In 2022, there were 9.0 suicides per every 100,000 individuals in NYS, leaving the state with the third lowest suicide rate in the nation. Suicide was the third leading cause of death among 15- to 24-year-olds in NYS.¹⁶⁵ In 2023, 18.5% of high schoolers in NYS reported seriously considering suicide during the previous 12 months and 10.9% reported attempting suicide.¹⁶⁶ But the tragedy of suicide goes well beyond the statistics, because each death is someone's parent, child, family member, friend, or colleague, casting a long shadow.

By promoting opportunities for public health, health care systems, and community organizations to work together, NYS can support collaborative efforts to prevent suicide, provide support for those at risk, and follow a framework for long-term solutions.








SMART(IE) Objective:





4.0 Reduce the suicide mortality rate from 7.9% to 6.7%.

4.1 Reduce adolescent suicide attempts from 13.6% to 12.2% (New York City).

4.2 Reduce adolescent suicide attempts from 9.4% to 8.5% (New York State outside New York City).

Desired Outcome	Indicator	Data Source	Population	Baseline	Target
Reduce suicide deaths	Suicide mortality, age-adjusted rate per 100,000 population	NYS Vital Records	Everyone	7.9% (2021)	6.7% (2030)
	Subpopulation Indicator #1	Data Source	Subpopulation of Focus	Baseline	Target
	Percentage of high school students who attempted suicide one or more times during the past year (New York City)	YRBSS (Youth Behavioral Risk Surveillance System)	High school students (New York City)	13.6% (2023)	12.2% (2030)
	Subpopulation Indicator #2	Data Source	Subpopulation of Focus	Baseline	Target
	Percentage of high school students who attempted suicide one or more times during the past year (New York State outside New York City)	YRBSS	High school students (New York State outside New York City)	9.4% (2023)	8.5% (2030)

Interventions	Population of Focus	Age Range	Intermediate Measures
<p>Featured Intervention: Promote evidence-based, connection-building programs across the lifespan such as:</p> <ul style="list-style-type: none"> • NY CARES UP, an initiative focused on improving the mental health and wellness of uniformed personnel and Veterans • Hope Squad, a school-based, peer-to-peer, suicide prevention program • Life is Precious, a "home away from home" for Latina teens. • Sources of Strength, a peer-to-peer suicide prevention program¹⁶⁷⁻¹⁷¹ 	Everyone	All ages	Participation rate in promoted programs among host organizations, manner of promotion and data re: reach (number of flyers distributed, number of website visits), Number of people provided with education
 <p>Featured Interventions: Implement suicide safer care services and protocols (Zero Suicide) in health care settings to effectively identify, engage, treat, and follow up with individuals at elevated suicide risk.¹⁷²</p> 	Everyone	All ages	Participation rate among health care organizations, number of trainings delivered to health care staff, capacity of health care staff to follow protocols
 <p>Provide training on suicide prevention for community members, organizations, and other groups to identify and respond to people who may be at risk of suicide.¹⁷³⁻¹⁷⁵</p> 	Adults	Ages 18+	Number of trainings provided, number of people trained
 <p>Promote the use and implementation of Social-Emotional Learning (SEL) programs in elementary and early education settings for resilience and emotional regulation, particularly in schools serving high-needs students.¹⁷⁶</p> 	School-age youth	School-age youth	Participation rate among early and elementary education settings, number of students receiving SEL education

Interventions	Population of Focus	Age Range	Intermediate Measures
 <p>Improve availability and access to culturally relevant information on suicide prevention and community resources, especially in underserved and historically marginalized communities.¹⁷⁷⁻¹⁷⁸</p> <p>LHD H O</p>	Everyone	Ages 16+	Participation among CBOs in promotion activities, manner of promotion activities and data on reach (number of outreach events, number of attendees, number of flyers distributed, number of website clicks, etc.)
 <p>Promote calling or texting 988 through social media, digital marketing campaigns, and other utilized marketing strategies.¹⁷⁹⁻¹⁸¹</p> <p>LHD H O</p>	Everyone	All ages	Data on reach of promotion strategy (e.g., number of views, number of website visits, source of website visits, etc.)
 <p>Review, revise, and disseminate policies, programs, and best practices that put time and space between a person at risk and a lethal means of suicide.¹⁸²⁻¹⁸⁷</p> <p>LHD H O</p>	Everyone	All ages	Participation among local organizations, capacity of organizations to implement necessary policies, programs, and best practices
 <p>Promote and conduct comprehensive suicide prevention training for staff.¹⁷²</p> <p>H O</p>	Health care staff	N/A	Participation among health care organizations, number of trainings delivered, number of staff trained capacity of staff to implement skills gained from training

Lead Partner Agencies and Organizations

[NYS Department of Health](#)
[NYS Office of Mental Health](#)
[NYS Education Department](#)
[NYS Office for Addiction Services and Supports](#)
[NYS Department of Transportation](#)

Implementation Resources

[New York State Education Department - Social Emotional Learning](#)

[Suicide Prevention Center of NY - A Guide for Suicide Prevention In New York Schools](#)

[Comunilife - Life Is Precious, A Latina Suicide Prevention Program](#)

[Sources of Strength](#)

[NY CARES UP](#)

[Hope Squad Peer-to-Peer Suicide Prevention](#)

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