

# SUICIDE AMONG UTAH GIRLS AND WOMEN

## OVERVIEW

Suicide is the 12th leading cause of death in the United States.

MORE DEATHS RESULT FROM

# SUICIDE

THAN FROM



CAR CRASHES

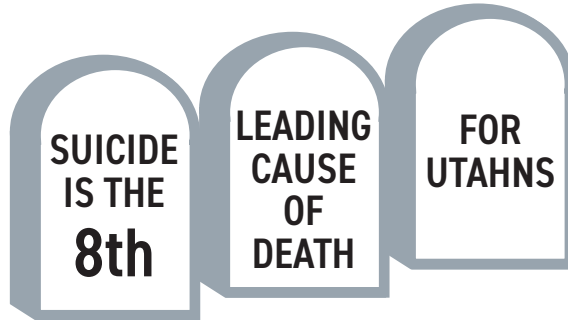
OR BREAST CANCER.



## HOW DOES UTAH STACK UP?

In 2020 Utah had the 9th highest age-adjusted suicide rate in the United States.

UTAH averages **657** suicides per year.




**70** Utahns per day are treated for self-inflicted injuries.

## SPECIFIC RISK FACTORS FOR UTAH

Utahns are vulnerable to unique risk factors.

 **SEXUAL MINORITIES** have **HIGHER RATES** of **SUICIDAL IDEATION.**

**Substance abuse**  is linked to **suicide** and can increase **suicidal ideation.**

 **Religion** can be a **protective factor** against **suicide** unless the individual is rejected or doesn't feel included.



**1 in 3 UTAH WOMEN**

will experience

**INTIMATE PARTNER VIOLENCE**

during her lifetime,

**A RISK FACTOR FOR SUICIDE.**

## SPECIFIC RISK FACTORS FOR GIRLS & WOMEN

Girls and women are vulnerable to unique risk factors.



Men have a higher risk of dying by suicide,

but women are more likely to attempt suicide.



Physical, emotional, and sexual  
**ABUSE**  
can lead to higher risk for suicide.

Women are more at risk for



**SERIOUS MENTAL ILLNESS**,  
which is associated with suicide.

**EATING DISORDERS**  
are linked to suicide,  
and **women** are at  
higher risk.



Suicide attempts  
are more likely to  
occur during  
menstruation.

**FERTILITY CONCERNS**  
(including trouble conceiving, miscarriages,  
stillbirths, and unwanted pregnancies)  
**increase the risk of suicidal behaviors.**

If you or someone you know is at risk for suicide, please utilize the following resources:

988 Lifeline Response Hotline  
Utah Suicide Prevention Coalition  
Live on Campaign  
Faith Communities

Local Groups  
Huntsman Mental Health Institute  
Educational Institutions

## WHAT UTAHNS CAN DO

We can all work together to help prevent suicide in Utah.



Create preventative messaging that promotes hope and healing.



Avoid negative language, judgments, and stereotypes.



Express empathy, warmth, and inclusivity.



Educate the community on gender-related risk factors and prevention strategies.

**UTAH WOMEN & LEADERSHIP**  
Project

Click [here](#) for the full report.

**UTAH WOMEN & LEADERSHIP PROJECT**  
Jon M. Huntsman School of Business  
Utah State University Extension  
uwlp@usu.edu • www.utwomen.org