

Suicide Facts & Figures:

Texas 2019*



On average, one person dies by suicide every two hours in the state.

More than twice as many people died by suicide in Texas in 2017 than in alcohol related motor vehicle accidents.

The total deaths to suicide reflect a total of 84,679 years of potential life lost (YPLL) before age 65.



Suicide cost Texas a total of **\$3,516,245,000** combined lifetime medical and work loss cost in 2010, or an average of **\$1,216,273 per suicide death.**

*Based on most recent 2017 data from CDC. Learn more at afsp.org/statistics.



11th leading cause of death in Texas

2nd leading

cause of death for ages 15-34

4th leading

cause of death for ages 35-44

5th leading

cause of death for ages 45-54

9th leading

cause of death for ages 55-64

17th leading

cause of death for ages 65 & older

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Texas	3,778	13.34	40
Nationally	47,173	14.00	

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Suicide Prevention Programs and Initiatives

- The Texas Suicide Prevention Council (<http://www.texassuicideprevention.org/>) is a public-private coalition which includes Mental Health America of Texas and the Texas Health and Human Services Commission (<https://bit.ly/2BVsN2r>). The Council coordinates implementation of the Texas State Plan for Suicide Prevention (2014); see <https://bit.ly/2G1xDyN>.
- The Texas Department of State Health Services, with support from a federal SAMHSA “Zero Suicide” grant, is partnering with community mental health centers to develop suicide safe care for individuals utilizing the public mental health system; see <https://sites.utexas.edu/zest/>.
- Texas Education Code requires that certified educators receive instruction in mental health, substance abuse, and youth suicide (§ 21.044); allows educators to participate in Mental Health First Aid training for continuing education credit (§ 21.054); requires that suicide prevention training be included as part of annual staff development and new employee orientation
- (§ 21.451); and requires that public colleges and universities provide suicide prevention information to all incoming full-time students (§ 51.9194).
- Texas Health and Safety Code (§ 161.325) requires the Department of State Health Services and the Texas Education Agency to develop, annually update, and post online a list of best practice and research-based programs in suicide prevention (see <https://bit.ly/2C4tzKT>). School districts must train teachers, counselors, principals, and other school personnel and are encouraged to develop suicide prevention plans.
- Texas Government Code (§ 531.0999) requires the Texas Veterans Commission, in collaboration with the U.S. Department of Veterans Affairs, veteran advocacy groups, medical providers, and others to develop an action plan to prevent veteran suicides.

Get Involved

The **AFSP Texas Chapters** bring together people of all backgrounds in communities throughout the state to fight suicide. We help fund research, offer educational programs, advocate for public policy and support those affected by suicide.

For more information or to volunteer, please contact:

AFSP Texas
texas@afsp.org

Become an Advocate

AFSP’s Texas advocacy volunteers build relationships with public officials and advocate on behalf of sound suicide prevention policy.

Visit afsp.org/advocate to sign up!