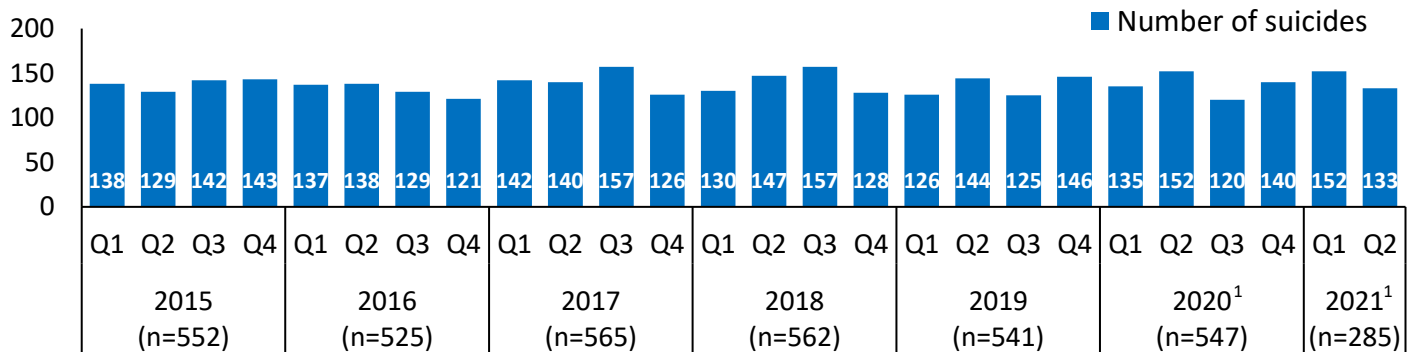


Suicide by Quarter in New York City, 2015 to 2021

November 2022

Based on provisional data, suicide deaths in New York City (NYC) remain stable.

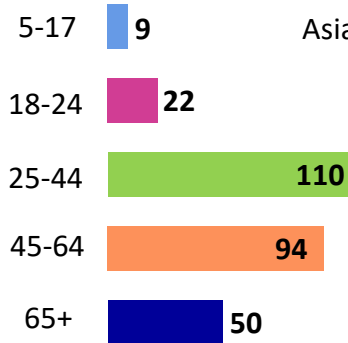
There were **285** confirmed suicides from January to June of 2021¹ as of April 15, 2022. Suicide death totals by quarter and year from the NYC Department of Health and Mental Hygiene (NYC Health Department)'s Vital Statistics appear below. Deaths in 2020 and 2021 are still pending final determinations and may change. Deaths in the first two quarters in 2021 are subject to larger increases.



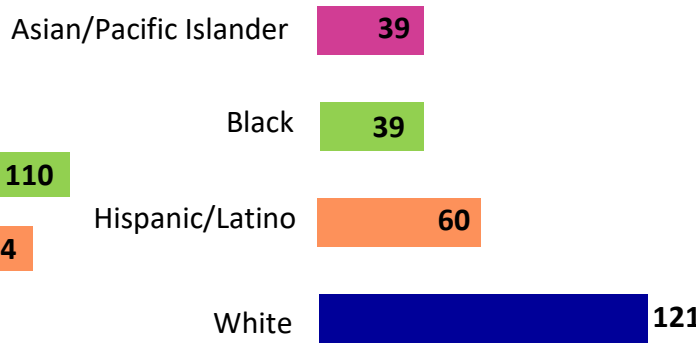
Key Points

- Every 16 hours, someone dies by suicide in NYC.
- In 2019, the most recent year for which final Vital Statistics data are available, suicide was:
 - The sixth leading cause of premature mortality (under age 65) in NYC
 - The third leading cause of premature death among Asian and Pacific Islander individuals, the fourth for non-Hispanic White individuals and the seventh among Hispanic individuals who are not Puerto Rican. Suicide is not ranked as a leading cause of premature death among Puerto Ricans and non-Hispanic Black individuals.
- Based on the NYC Community Health Survey data from 2020, 2.4% of NYC adults ages 18 and older seriously thought about killing themselves at some point in the past 12 months. Among those with suicidal ideation, 14.1% attempted suicide in the past 12 months.
- The overall trend of suicides for 2020 and 2021 will become clearer as complete data become available.

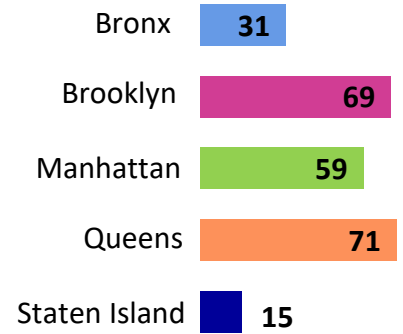
Number of confirmed suicides by age group,¹ January to June 2021



Number of confirmed suicides by race or ethnicity,^{1,2} January to June 2021



Number of confirmed suicides by borough of residence,^{1,3} January to June 2021



Suicide Prevention and Warning Signs

Recognize risk factors and warning signs for suicide.

- Suicide is preventable and is not inevitable.
- Suicide deaths rarely have a single cause and most have multiple contributing factors.
- Known risk factors for suicide include prior suicide attempt, depression or other mental illness, substance use disorder, knowing someone who died by suicide and experiencing a recent loss.
- Warning signs that someone may be considering suicide include:
 - Talking about death or suicide
 - Showing or talking about feelings of hopelessness
 - Saying they are a burden
 - Avoiding friends and family
 - Losing interest in activities
 - Displaying mood swings
 - Giving away possessions
 - Saying goodbye to family and friends
- A common misconception is that talking or asking about suicide will give someone the idea to harm themselves. This is not true. By asking, you are giving someone an opportunity to open up and allow you to help.

Consider the impact of COVID-19 pandemic and racism.

- The impact of the COVID-19 pandemic on mental health will continue to be significant over the long-term based on research from past disasters.
- Individuals experiencing additional stressors and traumas related to COVID-19, including long-standing racism, are more likely to experience behavioral health problems.
- Behavioral health problems may include exacerbation of preexisting mental health and new behavioral health challenges such as anxiety, depression, complicated grief, substance misuse, post-traumatic stress disorder, and, less commonly, thoughts or attempts of suicide.



Know where to go for support and treatment.

You may reduce suicide risk and the adverse impacts of mental stress and trauma through supportive, trusting relationships and professional mental health support and treatment.

- For support, information and referrals to care in NYC, or if you are thinking about suicide or know someone who is, NYC Well counselors are available 24/7 in over 200 languages. Call 888-NYC-WELL (888-692-9355), text “WELL” to 65173 or chat at nyc.gov/nycwell.
- If you or someone you know is thinking about suicide and lives outside of NYC, call or text **988**, or chat online at 988lifeline.org. Please note that calls to **988** from NYC area codes are routed to NYC Well counselors.
- If you or someone you know is at immediate risk of hurting themselves or in immediate danger, call **911**.

Data notes and definitions

- This report includes only deaths where the medical examiner has determined the cause of death. Since it can take several weeks to complete investigations of suspected suicide deaths, some cases for 2021 are still pending final determinations.
- Suicide is defined as death caused by self-directed injurious behavior with an intent to die.

Suggested citation: New York City Department of Health and Mental Hygiene. Suicide by Quarter in New York City, 2015 to 2021. November 2022. <https://www.nyc.gov/assets/doh/downloads/pdf/epi/suicide-data-2015-2021.pdf>

¹Data from 2020 and 2021 are provisional and subject to change.

²In this publication, Latino/a includes people of Hispanic origin based on ancestry reported on the death certificate, regardless of reported race. Latino/a excludes reported ancestry from non-Spanish speaking Central or South American countries and non-Spanish speaking Caribbean islands. Black, White, Asian Pacific Islander and other racial categories do not include Hispanic or Latino/a people. Individuals from other racial or ethnic backgrounds were excluded from the race or ethnicity bar graph.

³Borough-level data are presented by decedent’s borough of residence. Because borough-level data exclude nonresidents, numbers will not reflect the total number of suicides in NYC.