

Ask Your Patients About Their Mental Health: You Could Save a Life

Suicide Is a Leading Cause of Premature Mortality in NYC

In 2020, there were **547** suicides in NYC (6.2 per 100,000 people).

On average, every **16 hours**, someone dies by suicide in NYC.

In 2020, about **150,000 NYC adults** thought seriously about suicide in the past 12 months.



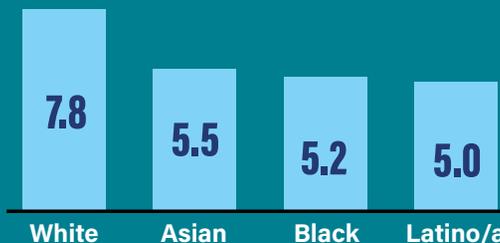
Some Groups Are at Higher Risk Than Others

In 2020, **males were more than three times** as likely as females to die by suicide in NYC (rate: 10.0 for males versus 2.9 for females).*



Males ages 45 to 64 and 65 and older had the highest suicide rates (14.8 and 14.2, respectively).* Females ages 65 and older had the highest rate among females (4.3).*

White New Yorkers had the highest suicide rate (7.8) among all other racial groups, followed by Asian/Pacific Islander (5.5), Black (5.2) and Latino/a (5.0) New Yorkers.*



Recommendations for Providers

Consider asking your patients the following questions:

- Is there anything you want to talk about?
- Have you felt sad, anxious, hopeless or depressed recently?

Provide referrals to mental health services for those who may need them. For information about treatment resources, call 888-NYC-WELL (888-692-9355), text “WELL” to 65173 or chat at nyc.gov/nycwell.

You can also read the Suicide Prevention Toolkit for Primary Care Practices at sprc.org/settings/primary-care/toolkit.



For more information about suicide deaths in NYC from 2015 to 2021, visit nyc.gov/health and search for **suicide death**.

*All rates are age-adjusted per 100,000 people.