

Suicide Facts & Figures:

Alaska 2020



On average, one person died by suicide every 48 hours in the state.

More than six times as many people died by suicide in Alaska in 2018 than in alcohol related motor vehicle accidents.

The total deaths to suicide reflected a total of 4,806 years of potential life lost (YPLL) before age 65.



Suicide cost Alaska a total of **\$226,875,000** combined lifetime medical and work loss cost in 2010, or an average of **\$1,383,382 per suicide death.**



6th leading cause of death in Alaska

1st leading

cause of death for ages 10-24

2nd leading

cause of death for ages 25-34

3rd leading

cause of death for ages 35-44

5th leading

cause of death for ages 45-64

15th leading

cause of death for ages 65+

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Alaska	184	24.41	4
Nationally	48,344	14.21	

CDC, 2018 Fatal Injury Reports (accessed from www.cdc.gov/injury/wisqars/fatal.html on 3/1/2020).

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Suicide Prevention Programs and Initiatives

- Alaska's Statewide Suicide Prevention Council, SSPC, (<https://bit.ly/2yguaVk>) was established in 2001 (AS §§ 44.29.300-44.29.390) and is currently housed within the Department of Health and Social Services. The Council's charter was renewed in 2019, extending the termination date to June 30, 2027 (SB 10, adopted 7/8/19).
- The SSPC advises the governor and legislature on issues relating to suicide. In collaboration with communities, faith-based organizations, and public-private entities, the SSPC works to improve the health and wellness of Alaskans by reducing suicide and its effect on individuals and communities.
- In 2018, the SSPC released an updated 2018-2022 suicide prevention plan entitled Recasting the Net: Promoting Wellness to Prevent Suicide in Alaska (<https://bit.ly/2W17lvb>).
- Alaska law (AS § 14.30.362) requires school districts and the Dept. of Education and Early Development to provide youth suicide awareness and prevention training at no cost to every teacher, administrator, counselor, and specialist who is employed by the district or department; training must meet standards for professional continuing education credit and be periodically reviewed for consistency with generally accepted principles of youth suicide awareness and prevention. This training is required for individuals to be eligible for a teacher certificate (AS § 14.20.020).
- The Community Based Suicide Prevention Program (<https://bit.ly/2XXQ7Gj>) is housed within the Alaska Dept. of Health and Social Services Division of Behavioral Health. The program helps communities create projects to reduce self-destructive behaviors and conditions that lead to suicide and to increase individual, family, and community health. The program offers grants, training and postvention resources, and information through conferences and the Alaska Gatekeeper listserv.

Get Involved

The **AFSP Alaska Chapter** brings 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 Alaska
alaska@afsp.org

Become an Advocate

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

Visit afsp.org/advocate to sign up!