

Suicide Facts & Figures:

Delaware 2020



On average, one person died by suicide every three days in the state.

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

The total deaths to suicide reflected a total of 2,642 years of potential life lost (YPLL) before age 65.



Suicide cost Delaware a total of **\$130,873,000** combined lifetime medical and work loss cost in 2010, or an average of **\$1,234,646 per suicide death.**



12th leading cause of death in Delaware

2nd leading

cause of death for ages 10-34

6th leading

cause of death for ages 35-44

5th leading

cause of death for ages 45-54

10th leading

cause of death for ages 55-64

17th leading

cause of death for ages 65+

Suicide Death Rates

| | Number of Deaths by Suicide | Rate per 100,000 Population | State Rank |
|------------|-----------------------------|-----------------------------|------------|
| Delaware | 113 | 11.45 | 42 |
| 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

- Youth suicide prevention efforts are housed within the DE Dept. of Services for Children, Youth, and their Families, Division of Prevention and Behavioral Health Services (DPBHS, <https://bit.ly/35J0h1o>); Project SAFETY (Suicide Assessment Follow-up Education Texting for Youth and Youth Adults, <https://bit.ly/2UD6mGz>), funded through a federal Garrett Lee Smith Grant provided by DPBHS, works to: (1) increase the number of youth/young adults screened for suicide and associated risk factors; (2) strengthen suicide competencies in health professionals; (3) enhance access to suicide assessment/intervention and linkage to follow-up treatment; and (4) increase community supports and reduce stigma.
- The DE Suicide Prevention Coalition (16 Del. C. § 6201), made up of state, private, and nonprofit organizations and staffed by the Division of Substance Abuse and Mental Health, aims to raise awareness that suicide is a preventable public health problem and to reduce suicidal ideation and attempts. GETRIGHTSIDEUP, a subcommittee of the Coalition, is funded by Project SAFETY and aims to educate parents, youth, and communities on youth suicide prevention (getrightsideup.org).
- In June 2013, the DE Suicide Prevention Coalition approved a five-year strategy (2013-2018), titled the State of Delaware Suicide Prevention Plan, see <https://bit.ly/2Kx6Usa>.
- DE law (14 Del. C. §§ 4162(a) & 4165) requires the Departments of Health and Social Services, Children Youth and their Families, and Education to identify and maintain a suicide prevention training program for school district and charter school employees and requires all employees to receive 90 minutes of the training each year. The law also requires school districts and charter schools to establish and disseminate a suicide prevention policy including a procedure for confidential and anonymous reporting of suicide warning signs and for communication between school staff and health professionals.

Get Involved

The **AFSP Delaware 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 Delaware
delaware@afsp.org

Become an Advocate

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

Visit afsp.org/advocate to sign up!