Suicide Facts & Figures: Nebraska 2020

On average, one person died by suicide every 32 hours in the state.

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

The total deaths to suicide reflected a total of 5,363 years of potential life lost (YPLL) before age 65.

Suicide cost Nebraska a total of $223,376,000 combined lifetime medical and work loss cost in 2010, or an average of $1,157,386 per suicide death.

2nd leading cause of death for ages 10-34
5th leading cause of death for ages 35-44
6th leading cause of death for ages 45-54
7th leading cause of death for ages 55-64
18th leading cause of death for ages 65+

Suicide Death Rates

<table>
<thead>
<tr>
<th></th>
<th>Number of Deaths by Suicide</th>
<th>Rate per 100,000 Population</th>
<th>State Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nebraska</td>
<td>271</td>
<td>13.40</td>
<td>39</td>
</tr>
<tr>
<td>Nationally</td>
<td>48,344</td>
<td>14.21</td>
<td></td>
</tr>
</tbody>
</table>

Suicide Prevention Programs and Initiatives

- The Nebraska State Suicide Prevention Coalition (NSSPC, suicideprevention.nebraska.edu) is a voluntary group made up of public and private agencies, survivors of suicide loss, and other interested stakeholders. NSSPC is recognized by the Nebraska Department of Health and Human Services (NDHHS) as the primary group responsible for coordinating state suicide prevention efforts.

- The NSSPC provides suicide prevention information, resources, and materials to faith-based groups, service clubs, non-profit groups, and corporations; provides means restriction material to emergency rooms for distribution to networks of support for people with self-inflicted injuries; promotes and publicizes suicide prevention efforts of other groups; and promotes suicide prevention training, in addition to other initiatives.

- NSSPC partners with the NDHHS, Division of Behavioral Health, Nebraska’s Behavioral Health Regions, and the University of Nebraska Public Policy Center to carry out activities of the Nebraska Youth Suicide Prevention Initiative (youthsuicideprevention.nebraska.edu), funded through a federal Garrett Lee Smith Grant.


- Nebraska law (§79-2,146) requires all public-school nurses, teachers, counselors, school psychologists, administrators, school social workers and other appropriate personnel to receive at least one hour of suicide awareness and prevention training each year. Visit suicideprevention.nebraska.edu/schoolsafety.htm for available trainings and a related 5-year action plan (2015-2020).