

Suicide Facts & Figures:

Texas 2020



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

Almost three times as many people died by suicide in Texas in 2018 than in alcohol related motor vehicle accidents.

The total deaths to suicide reflected a total of 87,080 years of potential life lost (YPLL) before age 65.



Suicide cost Texas a total of **\$3,516,245,000** combined lifetime medical and work loss cost in 2010, or an average of **\$1,216,273 per suicide death.**



11th leading cause of death in Texas

2nd leading

cause of death for ages 10-34

4th 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
Texas	3,930	13.66	38
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

- The Texas Suicide Prevention Council (texasuicideprevention.org), with support from the Texas Health and Human Services Commission (HHSC, <https://bit.ly/2BVsn2r>), coordinates implementation of the Texas State Plan for Suicide Prevention 2018 (<https://bit.ly/34uwjw6>).
- The Texas Department of State Health Services (DSHS), with support from a SAMHSA grant, oversees implementation of the Zero Suicide in Texas initiative (ZEST, sites.utexas.edu/zest).
- HB 3980 (adopted 6/14/19) directs HHSC and DSHS to prepare a summary report by 5/1/20 on the prevalence of suicide in the state and related state policies and programs.
- Texas Education Code requires that certified educators receive instruction in mental health, substance abuse, and youth suicide (§ 21.044); allows educators to participate in Mental Health First Aid training for continuing education credit (§ 21.054); requires that suicide prevention training be included as part of annual staff development and new employee orientation (§ 21.451); requires K-12 health curriculum to include an emphasis on mental health and suicide prevention (§ 28.002); and requires public colleges and universities to provide mental health and suicide prevention information to all incoming full-time students (§ 51.9194).
- Texas Education Code encourages schools districts to increase parental awareness of suicide risk factors and warning signs and related community programs and services (§ 28.004); requires school district emergency plans to integrate suicide prevention strategies (§ 37.108); and requires school district improvement plans to include suicide prevention programs (§ 11.252) in accordance with a list of best practices and research-based programs maintained by the Texas Education Agency (§ 38.351; <https://bit.ly/2C4tzKT>).
- Texas Government Code (§ 531.0925) requires the Texas Veterans Commission, in collaboration with the U.S. Department of Veterans Affairs, Veteran advocacy groups, medical providers, and others to develop an action plan to prevent Veteran suicides.

Get Involved

The **AFSP Texas Chapters** bring 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 Texas
texas@afsp.org

Become an Advocate

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

Visit afsp.org/advocate to sign up!