

Suicide Facts & Figures:

Vermont 2020



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

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

The total deaths to suicide reflected a total of 2,290 years of potential life lost (YPLL) before age 65.



Suicide cost Vermont a total of **\$117,583,000** combined lifetime medical and work loss cost in 2010, or an average of **\$1,109,277 per suicide death.**



8th leading cause of death in Vermont

2nd leading

cause of death for ages 10-44

4th leading

cause of death for ages 45-54

5th leading

cause of death for ages 55-64

15th leading

cause of death for ages 65+

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Vermont	125	18.66	18
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 Vermont Department of Mental Health (DMH) works in partnership with the Center for Health and Learning on state suicide prevention efforts (see <https://bit.ly/2E8fpZB>); this partnership also includes the Vermont Suicide Prevention Center (VT-SPC, <http://vtspc.org/>). The existing body of advisors and stakeholders for the VT-SPC is the Vermont Suicide Prevention Coalition (VSPC, <http://vtspc.org/about-vtspc/coalition/>), of which AFSP is a part.
- The Vermont Suicide Prevention Platform: Working to Prevent Suicide Across the Lifespan is available online at <http://vtspc.org/vt-suicide-prevention-platform/>. This 2015 edition is based upon principles from the National Strategy for Suicide Prevention 2012 and is structured around the fundamental principle that everyone has a part to play in suicide prevention.
- VSPC is a public-private coalition with representation from public health, education, state agencies, advocacy groups, youth leadership, mental health services, and loss survivors, whose purpose is to implement recommendations in the Vermont Suicide Prevention Platform. VSPC provides gatekeeper trainings and reduces stigma through social media campaigns and the Umatter public awareness campaign, see <http://vtspc.org/about-vtspc/umatter/>.
- DMH adopted Zero Suicide as the framework for current state efforts in health care systems, see <https://bit.ly/2Ea3s5l>.
- Vermont law (§ 131) defines comprehensive student health education as that “which promotes an understanding of depression and the signs of suicide risk in a family member or fellow student that includes how to respond appropriately and seek help and provides an awareness of the available school and community resources such as the local suicide crisis hotline...”.

Get Involved

The **AFSP Vermont 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 Vermont
vermont@afsp.org

Become an Advocate

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

Visit afsp.org/advocate to sign up!