

# Suicide Facts & Figures:

## Virginia 2020



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

**More than five times as many people died by suicide in Virginia in 2018 than in alcohol related motor vehicle accidents.**

The total deaths to suicide reflected a total of 24,917 years of potential life lost (YPLL) before age 65.



Suicide cost Virginia a total of **\$1,124,664,000** combined lifetime medical and work loss cost in 2010, or an average of **\$1,167,876 per suicide death.**



## 10th leading cause of death in Virginia

**2nd leading**  
cause of death for ages 10-34

**4th leading**  
cause of death for ages 35-54

**8th leading**  
cause of death for ages 55-64

**16th leading**  
cause of death for ages 65+

### Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Virginia	1,243	13.97	35
Nationally	48,344	14.21	

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

# Suicide Facts & Figures: Virginia 2020

## Suicide Prevention Programs and Initiatives

- Virginia's Suicide Prevention Program ([vdh.virginia.gov/suicide-prevention](http://vdh.virginia.gov/suicide-prevention)) is currently housed within the Virginia Department of Health which the legislature designates as the lead agency on youth suicide prevention (§ 32.1-73.7). The Department of Behavioral Health & Developmental Services is similarly designated as the lead agency for suicide prevention across the lifespan and must annually report to the Governor and General Assembly on its activities related to these efforts by December 1 of each year (§ 37.2-312.1).
- The Suicide Prevention Across the Life Span Plan for the Commonwealth of Virginia (<https://bit.ly/2AtWs2J>), originally released in 2004, was last updated in 2016.
- VA law (§ 22.1-298.1) requires school counselors to complete training in the recognition of mental health disorders and behavioral distress, including depression, trauma, violence, youth suicide, and substance abuse, for initial licensure and license renewal. The law (§ 22.1-272.1) also requires that licensed administrative or instructional personnel in public schools, who have reason to believe that a student is at imminent risk of suicide, contact at least one parent as soon as practicable in accordance with Board of Education guidelines (<https://bit.ly/2xTH6ps>).
- VA law (§ 22.1-207) requires public school health instruction to incorporate standards that recognize the multiple dimensions of health, including mental health and the relationship of physical and mental health.
- VA law (§ 23.1-802) requires public colleges and universities to develop and implement suicide prevention, intervention, and postvention policies, to provide for training, and to establish a written MOU with local community mental health services to expand the scope of services available to students. Schools must post available mental health resources online and require resident assistants to participate in related training.

## Get Involved

The **AFSP Virginia 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 Virginia**  
[virginia@afsp.org](mailto:virginia@afsp.org)

### Become an Advocate

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

**Visit [afsp.org/advocate](http://afsp.org/advocate) to sign up!**