

# Suicide Facts & Figures: Washington 2020



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

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

The total deaths to suicide reflected a total of 24,748 years of potential life lost (YPLL) before age 65.



Suicide cost Washington a total of **\$1,114,435,000** combined lifetime medical and work loss cost in 2010, or an average of **\$1,164,509 per suicide death.**



## 8th leading cause of death in Washington

### 2nd leading

cause of death for ages 10-34

### 3rd leading

cause of death for ages 35-44

### 5th leading

cause of death for ages 45-54

### 7th 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
Washington	1,252	15.86	25
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).

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## Suicide Prevention Programs and Initiatives

- The WA State Department of Health (DOH, <https://bit.ly/2WIREA4>) released the Washington State Suicide Prevention Plan in 2016, see <https://bit.ly/2IRz3gh>. In 2009, the WA State Youth Suicide Prevention Steering Committee released Washington State's Plan for Youth Suicide Prevention, which was updated with data and goals in 2014, see <https://bit.ly/2k6n3cZ>.
- WA law requires that certified school nurses, social workers, psychologists, and counselors receive training on youth suicide screening and referral (RCW 28A.410.226); that school districts adopt a plan to recognize and respond to youth suicide (RCW 28A.320.127); that Educational Service Districts develop and maintain the capacity to provide related training (RCW 28A.310.500); and that suicide prevention and mental health education be included in student health and fitness requirements (RCW 28A.230.095).
- WA law (RCW 43.70.442, the Matt Adler Suicide Assessment, Treatment, and Management Training Act) requires 6 hours of suicide prevention training at least once every 6 years for mental health professionals, a one-time training for primary care and dental professionals, chiropractors, physical therapists and assistants, pharmacists, and athletic trainers, and that all trainings taken for certification be from the state's model list to meet DOH standards (<https://bit.ly/2EgJBBT>).
- WA law (RCW 43.70.445-446) establishes the Suicide-Safer Homes Task Force and Suicide-Safer Homes Project and Project Account focusing on public awareness and prevention education with firearms dealers and ranges, pharmacies, health care providers, and law enforcement officers.
- WA SB 6514 (2018) requires the development of a statewide resource for behavioral health and suicide prevention for postsecondary institutions (RCW 28B.20.510); establishes the Suicide Prevention in Higher Education Grant Program (RCW 28B.77.120); and requires postsecondary institutions to report annually until 2022 on student behavioral health, student suicides, institutional training, and campus crisis plans (RCW 28B.20.515).

## Get Involved

The **AFSP Washington 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 Washington**  
[washington@afsp.org](mailto:washington@afsp.org)

## Become an Advocate

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

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