

# Mental Health & Suicide Statistics



Suicide is complex and shaped by multiple, overlapping factors. While mental health conditions are associated with increased risk, they are not the sole cause and most people living with these conditions do not die by suicide. Understanding how mental health interacts with grief, loss, and life stressors helps us respond with greater empathy, accuracy, and care.

**46%**

of suicide deaths involve a known mental health condition

**~30%**

had contact with mental health services in the year prior to death

## DEPRESSION

- 60% at time of death
- ~2-9% lifetime risk of suicide
- High risk at onset of condition
- High risk period during recovery
- High risk right after hospitalization
- Strongly associated with hopelessness

## PERSONALITY DISORDERS

- ~40-85% attempt
- ~5-10% die by suicide
- Elevated chronic risk v isolated crises
- Characterized by instability in mood, thinking, behavior, relationships, and self-image.

## ANXIETY

- Significantly increases risk when co-occurring with depression or substance use
- Panic disorder and PTSD are associated with elevated attempt risk
- Contributes to intense distress, agitation, and rumination

## PSYCHOTIC DISORDERS

- ~20-40% will attempt at least once
- ~5-10% die by suicide
- High lethality attempts
- High risk at onset of condition
- Self-awareness relates to increased suicide risk

## BIPOLAR DISORDER

- ~20-60% will attempt at least once
- ~5-20% die by suicide
- Among the highest risk of all psychiatric conditions
- Risk peaks during depressive episodes, mixed states, and post-discharge

## REMINDER:

Focus on a person's current experience, not just diagnosis. Ask about:

- Hopelessness
- Isolation
- Recent loss or change
- Identify protective factors

# Mental Health & Suicide Statistics



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SUICIDE  
PREVENTION  
CENTER

People are more than a diagnosis.  
Connection, compassion, and timely support can reduce risk and support healing.

## RESOURCES

**988** | SUICIDE & CRISIS  
LIFELINE

Call or Text 988 | Chat via [988lifeline.org](https://988lifeline.org)



National Alliance on Mental Illness

**CRISIS TEXT LINE |**

Text HOME to 741741



**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

## SOURCES

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