

# TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



## SUICIDE IN TARRANT COUNTY

**Suicide** when someone intentionally harms themselves with the purpose of ending their life. A **suicide attempt** is when someone intentionally harms themselves with the purpose of ending their life, but their actions do not result in death. Suicide attempts may or may not result in injuries. **Non-suicidal self-harm/self-directed violence** is when someone intentionally harms themselves, but they *do not* intend to end their life. These actions are often used as coping mechanisms during emotional distress.

*In 2020, intentional self-harm (suicide) was the 11<sup>th</sup> leading cause of death among Tarrant County residents overall*

Figure 1. Suicide rates by geographical location, 2020

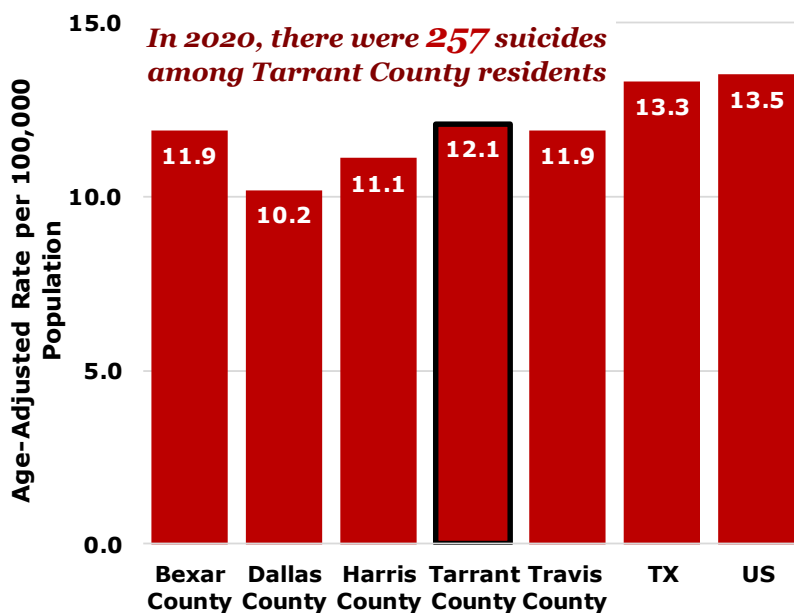


Figure 2. Proportion of Tarrant County suicides by mechanism, 2020

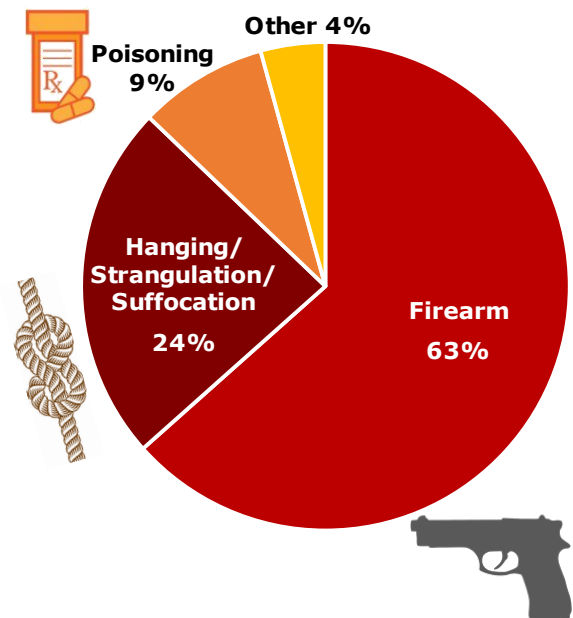
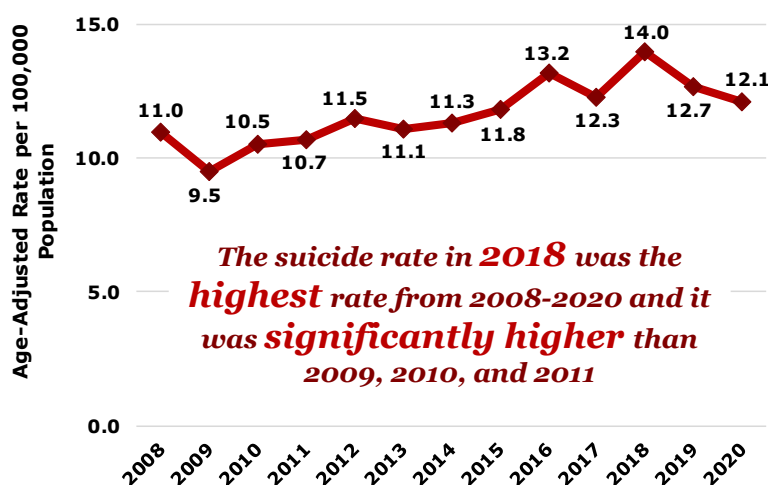


Figure 3. Tarrant County suicide rates, 2008-2020



*The suicide rate among Veterans in Tarrant County is more than twice that of residents who never served in the armed forces (29.7 vs. 13.5 per 100,000 population)<sup>†</sup>*



All significant differences detected at the 95% confidence level  
<sup>†</sup>2017-2019 mortality rate age-adjusted to the 2000 U.S. standard population  
 Data sources: Centers for Disease Control and Prevention, National Institute of Mental Health  
 Data Brief provided by: Division of Epidemiology and Health Information

**Among Tarrant County residents, suicide rates were highest among non-Hispanic whites, males, and those aged 45-64 years**

Figure 4. Suicide rates by race/ethnicity and gender, Tarrant County, 2018-2020

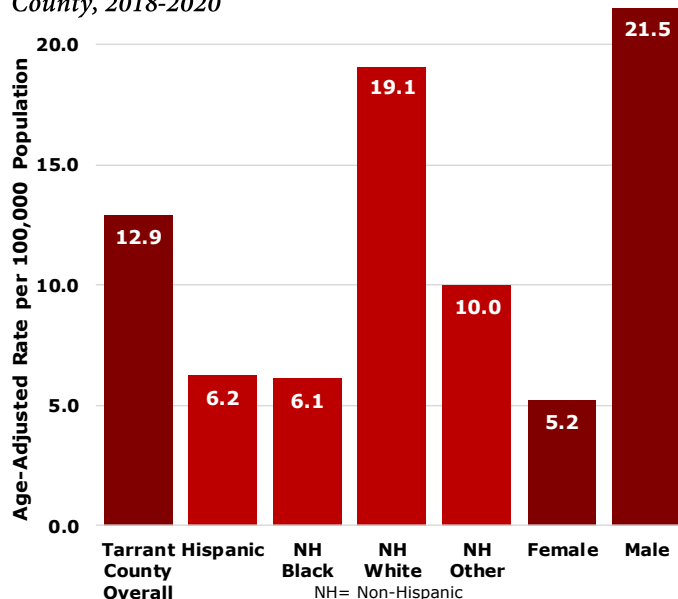
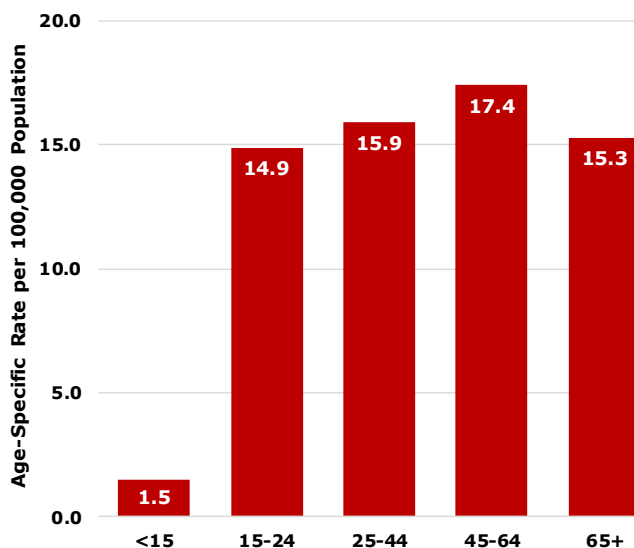


Figure 5. Suicide rates by age group (in years), Tarrant County, 2018-2020



**Among Texas high school students in 2019:**

- A significantly higher percentage of female students reported they seriously considered attempting suicide (25%) and made a plan about how they would attempt suicide in the last 12 months (19%) compared to male students (13% and 11%)
- A significantly higher percentage of gay, lesbian, or bisexual students reported they seriously considered attempting suicide (48%), made a plan about how they would attempt suicide (36%), attempted suicide one or more times in the last 12 months (22%), and a suicide attempt resulted in an injury, poisoning, or overdose that had to be medically treated (6%) compared to heterosexual/straight students (14%, 12%, 8%, and 3%)



**Suicide Warning Signs**

**Actions:** using alcohol or drugs, taking risks, looking for suicide ideas, isolating themselves, sleeping more or not enough, saying goodbye, giving away personal items, making a will, or acting out



**Mood:** depressed, anxious, humiliated, angry, not interested, or sudden relief

**Talking about:** killing themselves, hopelessness, having no reason to live, feeling like a burden to others, feeling trapped, or being in pain or unhappy



**Education and Prevention**

**Talk to someone if you are having suicidal thoughts**

To help others: recognize suicide warning signs

5 Action Steps [[nimh.nih.gov/suicideprevention](https://www.nimh.nih.gov/suicideprevention)]

1. Ask "Are you thinking about killing yourself?"
2. Reduce access to lethal items/places
3. Listen to them and acknowledge their feelings
4. Connect them with suicide resources (9-8-8 lifeline)
5. Follow up with them and stay connected

Learn how to talk to someone who is suicidal and what to do after a suicide attempt [[afsp.org](https://www.afsp.org)]

Texas Suicide Prevention [[texassuicideprevention.org](https://www.texassuicideprevention.org)]

**Resources and Support**

**Suicide & Crisis Lifeline (24/7) Call/Text 9-8-8**  
TTY dial 711 then 988 Crisis Text Line 'HELLO' to 741741 [[988lifeline.org](https://www.988lifeline.org)]

The Trevor Project (LGBTQ+ youth) Call 1-866-488-7386 Text 202-304-1200 [[thetrevorproject.org](https://www.thetrevorproject.org)]

Veterans Crisis Line Call 9-8-8, press 1 Text 838255 [[veteranscrisisline.net](https://www.veteranscrisisline.net)]

MHMR Tarrant County Call 817-335-3022 [[mhmrtc.org](https://www.mhmrtc.org)]  
Call/Text 1-800-866-2465 TTY 817-569-4488

Find a mental health provider [[findtreatment.samhsa.gov](https://www.findtreatment.samhsa.gov)]