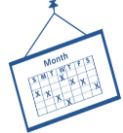


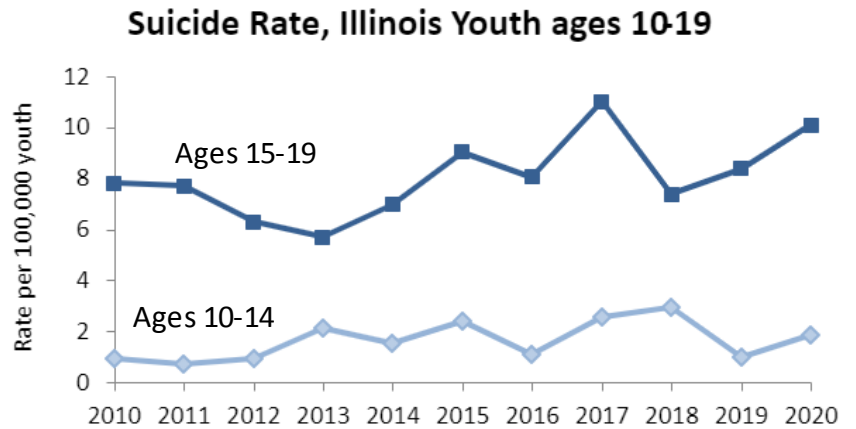
# Youth Suicide in Illinois

98 Illinois youth ages 10-19 died by suicide in 2020

That's more than **1 every 4 days,**



Or **5 full school classrooms**



Suicide death rates are **highest** among youth who are White, male, or live in rural counties.



Deaths from suicide are **rising** among females, Black, and Latino youth, and youth living in urban and suburban communities.

45,000 Illinois high school students attempted suicide in 2019

That's one every **12 minutes.**

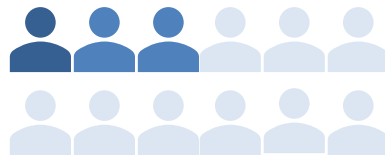


Or **625 full school buses.**

Suicide attempts have remained **steady since 2009.**



*Out of every 12 Illinois high school students...*



**1 attempted suicide** and **2 others seriously considered or made plans to attempt suicide.**

Male and female students were **equally likely** to attempt suicide.



Lesbian, gay, or bisexual students were **4 times as likely** to attempt suicide as heterosexual students.

Black and Latino students were **1.5 times as likely** to attempt suicide as White students.

**Questions?**  
**Contact the Illinois Department of Public Health**  
 Office of Women's Health and Family Services  
 Division of Maternal, Child, and Family Health Services  
 DPH.MCH@illinois.gov



# Risk Factors for Suicidal Behavior Among Illinois Youth

## Experiencing the following types of violence increases risk of suicidal behaviors:

- Being bullied
- Feeling unsafe at school
- Sexual abuse
- Physical dating violence
- Sexual dating violence
- In a physical fight with someone
- Carrying a weapon

**5X**

Youth who experienced three or more types of violence are **five times as likely** to have suicidal behaviors as youth who do not experience any violence.



**1 in 10 students**

experienced **three or more** types of violence.

## Using any of the following substances increases risk of suicidal behaviors:

- Alcohol
- Tobacco
- Marijuana
- Prescription pain medication misuse
- Other substances, such as cocaine, heroin, or methamphetamines

**3X**

Youth who use three or more substances are **three times as likely** to have suicidal behaviors as youth who do not use any substances.



**1 in 10 Students**

used **three or more** substances.

## Resources

### Know the Warning Signs for Suicide

- Threatening to, or talking about wanting to, hurt or kill oneself.
- Looking for ways to kill oneself by seeking access to firearms, available pills, or other means.
- Talking or writing about death, dying, or suicide when these actions are out of the ordinary.
- Feeling hopeless.
- Feeling rage or uncontrolled anger or seeking revenge.
- Acting reckless or engaging in risky activities.
- Feeling trapped - like there's no way out.
- Increasing alcohol or drug use.
- Withdrawing from friends, family, and society.
- Feeling anxious, agitated, or unable to sleep or sleeping all the time.
- Experiencing dramatic mood changes.
- Seeing no reason for living or having no sense of purpose in life.

### For More Information, please visit:



IDPH Website



Safe2Help Illinois



Suicide Prevention Lifeline

### Seek Help

If you or someone you know shows warning signs for suicide, or wants to discuss mental health concerns, contact:

**National Suicide Prevention Lifeline:**  
**800-273-TALK**

**National Crisis Text Line:**  
Text **HOME** to **741-741**

**Safe2Help Illinois**  
**844-4-SAFE-IL**  
Text **SAFE2 (72332)**

**Illinois CARES**  
**800-345-9049**

**Trans Lifeline:**  
**877-565-8860**

**The Trevor Project**  
**866-488-7386**

### Data Sources and Methodology

1) Illinois Death Certificates for Illinois residents, 2010-2020

2) Illinois Youth Risk Behavior Survey (YRBS), 2009-2019\*

\*YRBS is representative of Illinois public high school students. Suicidal behaviors are self-reported by students. YRBS is conducted in odd years only; 2019 is the latest year available.