



SUICIDE PREVENTION

Suicide is death caused by injuring oneself with the intent to die. A suicide attempt is defined as a *nonfatal act* when someone harms themselves with any intent to end their life but does not die as a result of their actions. A suicide attempt may or may not result in injury. Suicide is traumatic for loved ones and the community, but thankfully, suicide is preventable.

CALL
9-8-8

“988” is the three digit, nationwide phone number to connect directly to the 988 Suicide and Crisis Lifeline. It provides 24/7, confidential support to people in suicidal crisis or mental health-related distress.

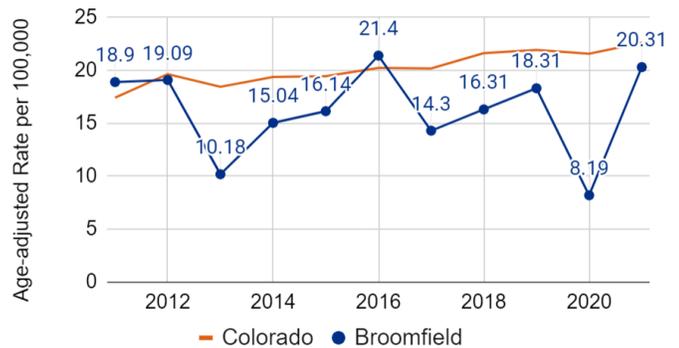
Broomfield and Colorado Data

In 2021, suicide was the seventh leading cause of death in the county (20.31 per 100,000 residents) behind other causes such as cancers, heart disease and COVID-19. This is in line with the state average, where suicide was the eighth leading cause of death (23.56 per 100,000 residents).

Suicide Rates

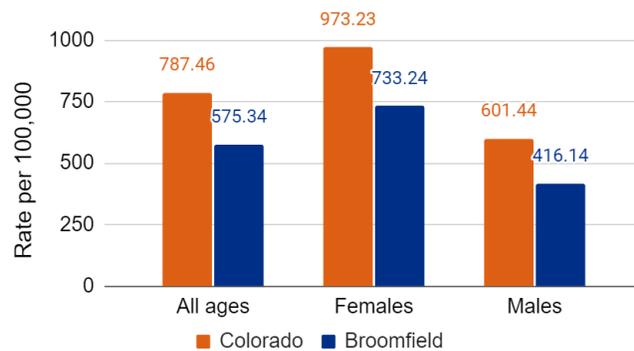
From 2011-2021, suicide rates in Broomfield were lower than the state rates except in 2011 and 2016. In Broomfield, higher rates of suicides are found in individuals between 25 and 34 years old, males, and individuals who are single.

Suicide Rates Between 2011 and 2021



Hospital Encounters

Rate of Suicide Related Hospital Encounters



Broomfield has a lower rate of hospital admissions and emergency department visits for suicide-related incidences than the state. The same is true for females and males when comparing Broomfield to the state.

In Broomfield, the most common methods of injury for suicide are firearms, hanging, strangulation, suffocation, and poisoning.

Circumstances Surrounding Suicide

The top ten circumstances surrounding suicide in Broomfield between 2016 and 2020 were:

1. Current diagnosed mental health problem
2. History of suicidal thoughts or plans
3. Ever having treatment for a mental health problem
4. Current depressed mood
5. Left a suicide note
6. Crisis two weeks prior to death
7. Contributing intimate partner problem
8. Current mental health treatment
9. Family relationship problem
10. Contributing physical health problem/Previous suicide attempt

Suicide Prevention

What the Research Shows

Research shows that suicide risk varies by person, but is impacted by the number and intensity of key risk and protective factors the person experiences. There are factors that can increase risk of suicide or provide protection against the risk for suicide.



Protective Factors

Reduced access to lethal means
Connection to community
Supportive environments
Effective coping skills



Risk Factors

Stigma around asking for help
Lack of access to care
Discrimination and bullying
Substance use

What We Can Do

Start in Our Circles

- **Build a strong support network and coping strategies from a young age.** It's never too late to start!
- **Be familiar with the warning signs of suicide and learn how to intervene.** Take a Question, Persuade, Refer training to learn these skills. Learn more about this training, and others, at [Broomfield.org/CIC](https://broomfield.org/CIC).
- If you are worried about someone, **reach out to a mental health professional and remove access to lethal methods such as firearms, ropes, or medications.**
- LGBTQ+ people, particularly transgender individuals, are more at risk for suicide due to discrimination. **Be supportive of your friends and neighbors, and find resources at [TheTrevorProject.org](https://thetrevorproject.org).**

Get Involved With Our Community

- **Broomfield's Behavioral Health Improvement Plan aims to build understanding of mental health, reduce barriers to care, and increase connectedness in the community.** The strategies lie in community-based prevention, school-based prevention and intervention, health communications and behavioral health treatment. Learn more at [Broomfield.org/CHIP](https://broomfield.org/CHIP).
- **Engage with your school community** to support prevention programs like Sources of Strength. Talk to your school about youth-based prevention programs or visit [Broomfield.org/Y4Y](https://broomfield.org/Y4Y) to learn more.
- **Mental and behavioral health trainings are offered to the entire community through the Community Initiated Care model.** Learn more and find a training at [Broomfield.org/CIC](https://broomfield.org/CIC).
- **Broomfield continues to build a sense of community and belonging through prosocial opportunities** for youth and engaging residents across the lifespan to participate in activities that make them feel connected to others. Learn more about the Communities that Care Coalition and join at [Broomfield.org/CTC](https://broomfield.org/CTC).

SOURCES

1. CDC. (2022). Suicide Prevention Resource for Action: A Compilation of the Best Available Evidence. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention. Retrieved February, 2023, from <https://www.cdc.gov/suicide/pdf/preventionresource.pdf>
2. Colorado Department of Public Health and Environment. (2023). Vital Statistics Program. Retrieved February, 2023, from <https://cdphe.colorado.gov/center-for-health-and-environmental-data/registries-and-vital-statistics/vital-statistics-program>
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4. Colorado Department of Public Health and Environment. (2023). Suicide in Colorado, 2015-2020: A Summary from the Colorado Violent Death Reporting System. Retrieved February, 2023, <https://cdphe.colorado.gov/center-for-health-and-environmental-data/ched-publications>

