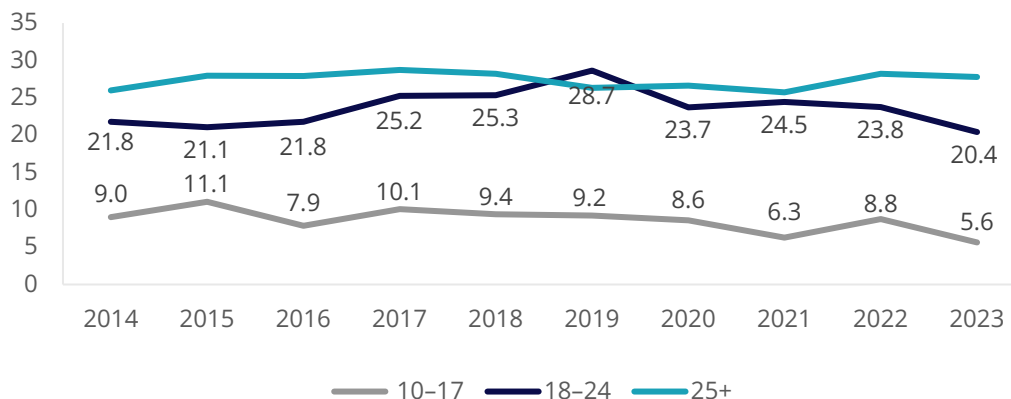


Youth and young adult suicides in Utah 2014–2023

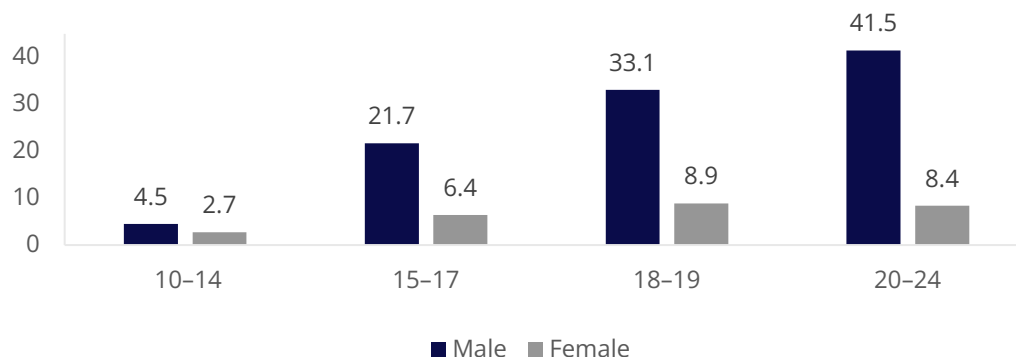
Youth and young adult suicides in Utah

- A total of 369 youth and young adults aged 10–24 years died by suicide in Utah from 2021 to 2023.
- The rate of suicide deaths was the highest among those aged 18–24 years in 2019, which was the only year that exceeded the rate of adults aged 25 years and older.
- The rate of suicide deaths among youth aged 10–17 years was consistently lower than the rates of other age groups.
- Youth and young adult males had a higher rate of suicide deaths than females across all age groups.
- Males aged 20–24 years had the highest rate of suicide deaths (41.5 per 100,000 population) compared to other youth and young adult males, while females aged 18–19 years had the highest rate of suicide deaths (8.9 per 100,000 population) compared to other youth and young adult females.
- Almost one-half (49.5%) of youth and young adults who died by suicide used a firearm.

Rate of suicide deaths per 100,000 population
by age group, Utah, 2014-2023



Rate of youth and young adult suicide deaths per 100,000 population by sex and age group, Utah, 2019-2023

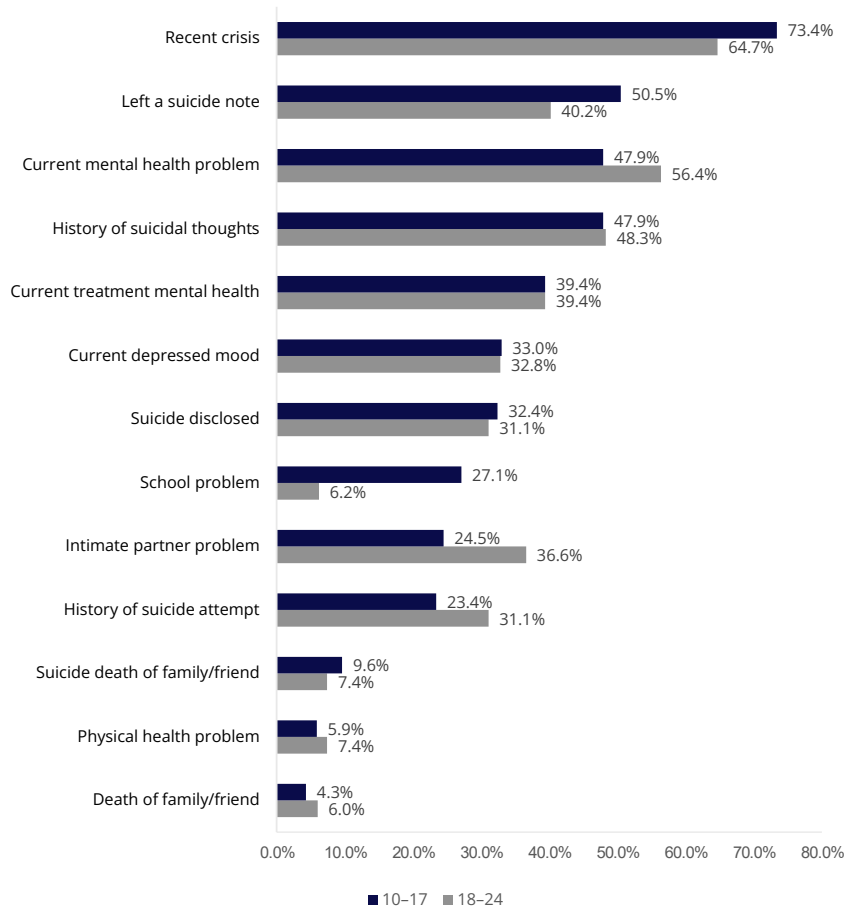


Understanding the circumstances related to suicide deaths is a step toward prevention

The National Violent Death Reporting System (NVDRS) collects information about the specific circumstances that are reported or perceived as being related to the violent death. These circumstances are categorized into 5 areas: interpersonal, life stressors, mental health, substance use, and suicidal events. The percentage of circumstances is based on the number of cases reporting circumstances. A death can have more than 1 circumstance.

- Circumstances were available for 97.5% of all Utah youth and young adult suicide deaths from 2017 to 2021.
- The most common circumstances for youth aged 10–17 years were recent crisis (73.4%), left suicide note (50.5%), current mental health problem (47.9%), and history of suicidal thoughts (47.9%).
- The majority of youth who had a problem in school that contributed to their death by suicide were in high school, particularly youth aged 15–17 years. Efforts to address school problems, including bullying, social isolation at school, poor grades, and performance pressures are essential suicide prevention efforts among youth, especially youth in high school.
- The most common circumstances for young adults aged 18–24 years were recent crisis (64.7%), current mental health problem (56.4%), and history of suicidal thoughts (48.3%).

Percentage of youth and young adult suicide circumstances, Utah, 2017–2021



Knowing the facts can help prevent suicide

The NVDRS is the only comprehensive surveillance system that helps us know the “who, when, where, and how” about violent deaths. It helps provide insights about the “why” these deaths happened. The system links records from many sources (medical examiner reports, death certificates, law enforcement reports) into an anonymous database.

Suicide is preventable

The [Utah Suicide Prevention State Plan](#) provides guidance on how individuals and communities can address suicide. It’s important to know what to do and what not to do when somebody discloses their suicide intent to you. Some suicide prevention tips include.¹

- Take any warning signs or threats of suicide seriously.
- Call [988 Suicide and Crisis Lifeline](#) anytime you or someone you know is struggling with their mental or emotional health. It’s free, confidential, and available 24 hours a day, 7 days a week.
- If a friend or relative outside your residency is having suicidal thoughts, ask to store their firearms or security keys with you. Always recommend they seek help.

Suicide prevention resources

- 988 Suicide and Crisis Lifeline, <https://988lifeline.org>
- American Foundation for Suicide Prevention, <https://afsp.org>
- LiveOn Utah, <https://liveonutah.org>
- National Alliance on Mental Illness Utah Chapter, <https://namiut.org>
- National Council of Mental Wellbeing-mental Health First Aid for Youth, <https://www.mentalhealthfirstaid.org/population-focused-modules/youth/>
- SafeUT, <https://safeut.org>
- The Trevor Project, <https://thetrevorproject.org>
- Tran Lifeline, <https://translifeline.org>
- Utah Poison Control Center, <https://poisoncontrol.utah.edu>
- Utah State Board of Education - Suicide Prevention, <https://schools.utah.gov/prevention/suicideprevention>
- Utah Suicide Prevention Coalition, <https://utahsuicideprevention.org>

References

1. Suicide Prevention Research Center-Adolescents, <https://sprc.org/populations/adolescents/>.
2. Utah Death Certificate Database, Office of Vital Records and Statistics, Utah Department of Health and Human Services, 2014–2023 data queried via Utah’s Indicator Based Information System for Public Health (IBIS-PH) [cited 2025 January].
3. Utah Violent Death Reporting System, Violence and Injury Prevention Program, Utah Department of Health and Human Services, 2017–2021 data [cited 2023 December].
4. Population data: National Center for Health statistics (NCHS) through a collaborate agreement with the U.S. Census Bureau. IBIS version 2021, data quired via Utah’s Indicator-Based Information System Health (IBIS-PH) [cited 2023 December].

To learn about suicides among other age groups in Utah or other violent deaths, visit <https://vipp.utah.gov/nvdrs/>.

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