

Suicide Facts & Figures:

Vermont 2018*



On average, one person dies by suicide every three days in the state.

More than 10 times as many people die by suicide in Vermont annually than by homicide.

The total deaths to suicide reflect a total of 2,128 years of potential life lost (YPLL) before age 65.



Suicide cost Vermont a total of **\$117,583,000** of combined lifetime medical and work loss cost in 2010, or an average of **\$1,109,277 per suicide death.**

*Based on most recent 2016 data from CDC. Learn more at afsp.org/statistics.



8th leading cause of death in Vermont

2nd leading

cause of death for ages 15-34

3rd leading

cause of death for ages 35-44

4th leading

cause of death for ages 45-54

5th leading

cause of death for ages 55-64

15th leading

cause of death for ages 65 & older

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Vermont	118	17.29	19
Nationally	44,965	13.42	

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Suicide Prevention Programs and Initiatives

- The Vermont Department of Mental Health (DMH) works in partnership with the Center for Health and Learning (CHL) to continue the development of the Vermont Suicide Prevention Center (VT-SPC, <http://vtspc.org/>), a statewide resource fostering a sustainable approach to suicide prevention in Vermont. The existing body of advisors and stakeholders for the VT-SPC is the Vermont Suicide Prevention Coalition (VSPC, <http://vtspc.org/about-vtspc/coalition/>), of which AFSP is a part.
- VSPC is a public-private suicide prevention coalition that consists of representatives from public health, education, state agencies, suicide prevention advocacy groups, youth leadership, mental health services and survivors throughout the state. VSPC provides gatekeeper trainings, maintains the Umatter website (<http://umatterucangethelp.com/>), increases public awareness, and reduces stigma associated with mental health through social media campaigns.
- The Vermont Suicide Prevention Platform: Working to Prevent Suicide Across the Lifespan is available online at <http://vtspc.org/vt-suicide-prevention-platform/>. This 2015 edition is based upon a number of underlying principles derived from the National Strategy for Suicide Prevention 2012 and maintains the ongoing commitment to the fundamental principle that everyone has a role in suicide prevention.
- Vermont law (§131) defines comprehensive student health education as that “which promotes an understanding of depression and the signs of suicide risk in a family member or fellow student that includes how to respond appropriately and seek help and provides an awareness of the available school and community resources such as the local suicide crisis hotline...”.

Get Involved

The **AFSP Vermont Chapter** brings together people of all backgrounds in communities throughout the state to fight suicide. We help fund research, offer educational programs, advocate for public policy and support those affected by suicide.

For more information or to volunteer, please contact:

AFSP Vermont
vermont@afsp.org

Become an Advocate

AFSP's Vermont advocacy volunteers build relationships with public officials and advocate on behalf of sound suicide prevention policy.

Visit afsp.org/advocate to sign up!