

Suicide Among Arkansas Rural Men*



Suicide is when a person intentionally ends their own life.

It is often connected to deep emotional pain, mental health challenges, or difficult life situations that leave someone feeling hopeless or without support.

In Arkansas, suicide affects rural men at higher rates than many other groups. Understanding how suicide impacts men living in rural communities helps guide prevention efforts and ensures support and resources reach those who need them most.

2024 SUICIDE DEATHS

592

Arkansans died by suicide

110

of these were males 25 years and older residing in a rural county.

41

of these rural males were 35-54 years old.

2024 EMERGENCY DEPARTMENT (ED) VISITS INVOLVING NON-FATAL SUICIDE

2,338

Arkansans had ED visits related to suicide attempts.

122

of these were males 25 years and older residing in a rural county.

60

were 35 – 54 years old.

*Forty-two counties in Arkansas, coded by the 2023 USDA Rural Urban Continuum Codes, are designated as rural.

Sources: Vital Statistics and Syndromic Surveillance System, Arkansas Department of Health. Data are provisional.

Disclaimer: This publication was made possible by grant/cooperative agreement number NU50CE002610 from Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of Centers for Disease Control and Prevention.

ADH-OHC-25-000000289



healthy.arkansas.gov



Suicide Among Arkansas Rural Men

Suicide warning signs

Signals someone may be in crisis:

- Talking about being a burden or wanting to die
- Withdrawing or isolating
- Increased anxiety
- Feeling trapped or in unbearable pain
- Substance use
- Seeking or having access to lethal means
- Increased anger or rage
- Extreme mood swings
- Sleeping too little or too much
- Expressing hopelessness
- Making suicide plans or posting about wanting to die

Suicide Prevention Resources

- The American Foundation for Suicide Prevention: <https://afsp.org/>
- Arkansas Department of Health, Suicide Prevention Program: <https://healthy.arkansas.gov/programs-services/prevention-healthy-living/substance-misuse-injury-prevention/injury-violence-prevention/suicide-prevention/>
- Warning Signs for Suicide: <https://988lifeline.org/learn/warning-signs/>
- Suicide Safety Planning Guide: <https://sprc.org/wp-content/uploads/2023/01/SafetyPlanningGuide-Quick-Guide-for-Clinicians.pdf>
- National Action Alliance for Suicide Prevention: <https://theactionalliance.org/>
- Department of Veteran Affairs, Central Arkansas, Suicide Prevention Program: <https://www.va.gov/central-arkansas-health-care/health-services/suicide-prevention/>
- We Are The 22: <https://www.facebook.com/wearethe22/>



If you or someone you know needs support, call 988. Veterans: Call 988, then press 1 to connect with the Veterans Crisis Line. More info: <https://988lifeline.org>



healthy.arkansas.gov