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Preventing Suicide in Arkansas

Suicide is a leading cause of death in Arkansas

Suicide is a serious public health issue in Arkansas, impacting families, friends, and communities. **Understanding the risks can help save lives.**

Many Arkansans experience risk factors that increase the likelihood of suicide—including mental health challenges, relationship stress, financial difficulties, and lack of access to care. People who experience violence, including bullying, abuse, or discrimination, may also be at higher risk.

But suicide is preventable. Support from family, friends, and communities—and access to effective healthcare—can protect against suicide and save lives.

Some Groups Are More Affected Than Others

Suicide risk in Arkansas is especially high for:

- White, non-Hispanic men
- People living in rural areas
- Young adults and middle-aged adults
- Those with a history of trauma or substance use

Suicide Affects Everyone

When someone dies by suicide, their family, friends, co-workers, and communities also experience the loss. Survivors may struggle with grief, guilt, and their own mental health. Suicide attempts can also lead to long-term health issues and financial strain.

In Arkansas



More than
2,996
people died by
suicide between
2020 - 2023



On average,
1 person
dies by suicide
every 15 hours

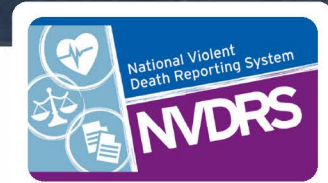
In the United States

Suicide affected adults across the country in 2022.

13.2 million
Seriously thought
about suicide

3.8 million
Made a plan for suicide

1.6 million
Attempted suicide



Suicide in Arkansas: A Closer Look (2020–2023)

Suicide is a serious public health issue that touches every part of Arkansas. By knowing who is most at risk, how suicides happen, and the circumstances that may lead up to them, we can better recognize the warning signs and take action. Awareness is a powerful tool for saving lives—and together, we can make a difference in our families, our communities, and across our state.

Suicide overwhelmingly affects white, non-Hispanic men in Arkansas.

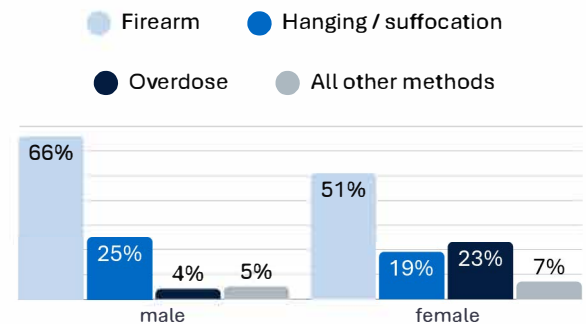
- 82% of suicide deaths were among males.
- 87% were among people who identified as white.
- 96% were among people who identified as non-Hispanic.

These numbers show a clear need to focus prevention efforts on groups most affected—especially white men across all adult age ranges.

Circumstances Leading Up to Death

- 28% had a known **mental health condition**
- 21% experienced **issues with an intimate partner** that may have played a role
- 19% **told someone** about their intent to die by suicide
- 17% **left a note** before their death
- 12% had **previously attempted suicide**

Method of Suicide by Sex, Arkansas 2020–2023



In Arkansas, suicide deaths are typically lowest in December and tend to peak during the spring months, with April, May, and June seeing more deaths than any other time of year.



YOU MATTER.
Support is just a call away.
TEXT OR CALL 988



The Arkansas Violent Death Reporting System (ARVDRS) collects information about the specific circumstances that are reported or perceived in the investigative reports (coroner, law enforcement, and/or medical examiner) as being related to the violent death. Percentages are calculated using the 1,133 (about 38%) decedent reports with known circumstances. More than one circumstance may apply for a decedent.

Data Source: Arkansas Violent Death Reporting System. The ARVDRS is supported by the National Violent Death Reporting System. Counts may vary from the Arkansas Death Certificate Database or Arkansas Office of Vital Statistics due to the NVDRS case definitions.

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