

# Suicide Rates Have Skyrocketed In the Last 10 Years

Data collected by the National Center for Health Statistics shows that suicide rates in youth aged 10-24 have increased by 57% between 2007 and 2018. This is a rise from 7 in every 100,000 people to 11. The U.S suicide rate within all age groups was 14 people in every 100,000 in 2018. More than a quarter of young adults reported seriously considering suicide in the last 30 days.

*“There are many reasons to suspect that suicide rates will increase this year too, not just because of Covid-19 but because stress and anxiety seem to be permeating every aspect of our lives,”*

*Suicides Among U.S. Kids, Young Adults Jumped 57% in Past Decade*

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Rural states showed the highest suicide rates, namely Alaska, South Dakota Montana, Wyoming, and New Mexico. Alaska was the highest with 31.5 young suicides per 100,000 young people. In contrast, Northeastern states, including New Jersey, Rhode Island, New York, Connecticut, and Massachusetts had the lowest suicide rates. That being said, New York, New Jersey, and Massachusetts saw 44%, 39%, and 64% increases in suicide rates respectively.

With the ongoing political, social, and socioeconomic stress in today's climate, plus the added stress of the COVID-19 pandemic, it is likely that suicide rates will continue to rise.

