

# Tuolumne County Suicide Data Report 2005-2023



**TUOLUMNE COUNTY PUBLIC HEALTH**  
 PREVENT · PROMOTE · PROTECT  
 EPIDEMIOLOGY UNIT

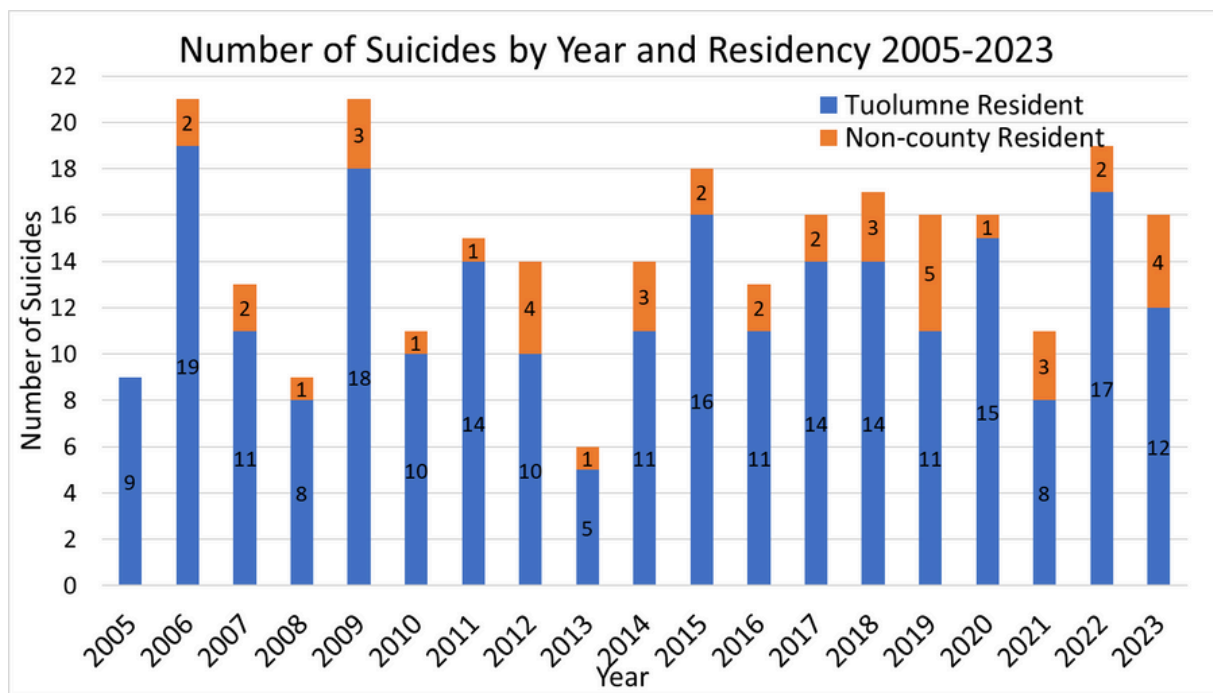
## CONTENT WARNING

This report includes data about suicide and self-harm. We invite everyone to read with caution. Trauma informed tips and techniques for self-care can be found at: [http://ph.lacounty.gov/ovp/TIC\\_LearningResources.htm](http://ph.lacounty.gov/ovp/TIC_LearningResources.htm)

Suicide is a leading cause of death in the United States, presenting a major, multi-faceted public health issue. In 2020, over 45,000 people died by suicide in the United States and over 12 million adults seriously thought about suicide. An estimated 27 attempted suicides occur per every suicide death, and those who survive suicide may have serious injuries, in addition to having depression and other mental health problems. Suicides and suicide attempts cost the nation almost \$70 billion per year in lifetime medical and work-loss costs in addition to the emotional toll on family and friends. (Source: [Centers for Disease Control](https://www.cdc.gov))

## Tuolumne County Overview

Data is from 2005 to 2022 unless otherwise noted and accounts only for deaths classified as suicides on the death certificates available in the Cal-IVRS system.



**25.4**  
 suicides per 100,000  
**Tuolumne County 2018-2020**

**10.5**  
 suicides per 100,000  
**California 2018-2020**

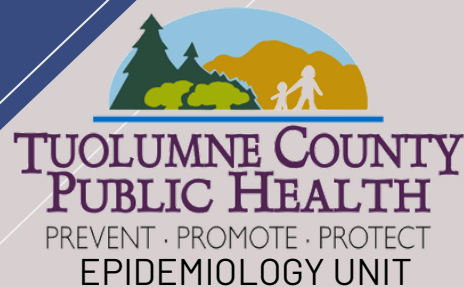
Figure 1: Number of Tuolumne County suicides 2005-2022

- From 2005-2023, there has been an average of 14.5 suicide deaths per year in Tuolumne County.
- The average suicide deaths of Tuolumne County residents is 12.3 per year.
  - The recent 5-year average is 12.6 suicide deaths per year.
- 15% of suicides between 2005-2022 have been non-county residents who died in Tuolumne County.
- Year-to-year variability in suicide incidents makes identifying short term trends challenging in Tuolumne County due to our small sample size.

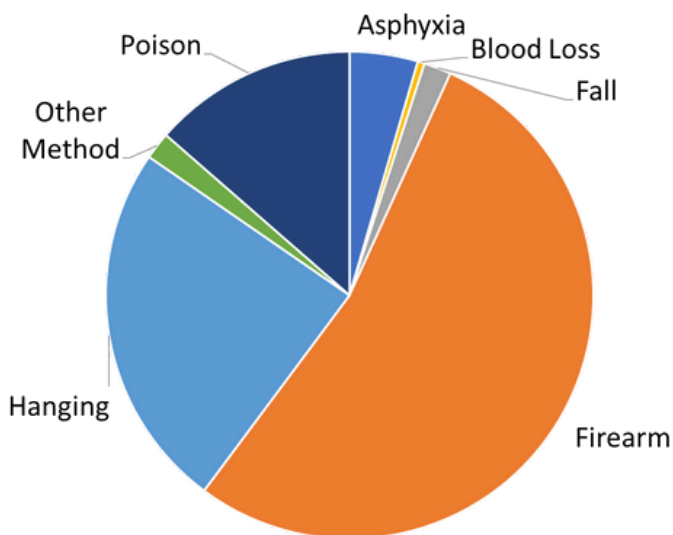
### Methodology and About California Integrated Vital Records System (Cal-IVRS)

Cal-IVRS contains death certificate information for all deaths that occur in Tuolumne County as well as all Tuolumne County residents who died in other California counties. Death certificates were manually coded to identify suicides and method of suicide. The Tuolumne County Coroner, Health Officer, and California Department of Public Health (CDPH) data branches provided input on this project.

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Method of Suicide 2005-2022



- The use of firearms is the most common mechanism of suicide followed by hanging and poisoning.
- Firearms are used in 55% of suicides which is significantly higher than the state average of 35%.
  - Firearms are the mechanism used for 58% of male suicides and 32% of female suicides.
  - Hanging is the mechanism used in 23% of male suicides and 31% of female suicides.
  - Poisoning is the mechanism used in 10% of male suicides and 27% of female suicides.
- Men account for more than 81% of suicide deaths among Tuolumne residents.
  - This is slightly higher than the state average of 78%

Figure 2: Method of suicide amongst Tuolumne County residents, 2005-2022

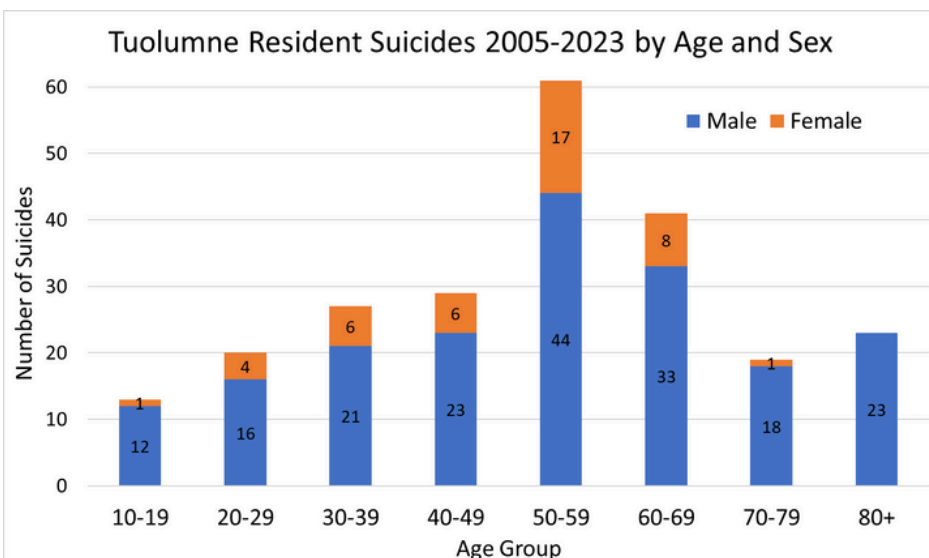


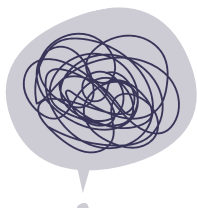
Figure 3: Tuolumne County by sex and age group, 2005-2022



4 out of 5 suicide deaths among Tuolumne residents were male

- Similar to state trends, 25-65 year olds account for 65% of suicide deaths in Tuolumne County.
- 43% of suicide deaths were in the 45-64 year old range which was much higher than the state rate of 35% for that age range in 2019.
- The average age among suicides was 52 for men and 50 for women.

## Suicidal Ideation



- Local data to quantify suicidal ideation and attempts is limited. The Tuolumne County Public Health (TCPH) Department is currently reviewing available data sources, including qualitative, to identify self-harm and ideation rates.
- CDPH data on self-harm suggests that the burden is much higher in youth. The rate of self-harm is also double in women compared to men.



## Youth & Suicide

- Suicide is the leading cause of death for youth ages 10-19 years old in the county.
- 29% of Tuolumne County resident deaths ages 15-19 years are by suicide.

Over 50% of Tuolumne County high school juniors experience chronic sadness or hopelessness

[2021 California Healthy Kids Survey](#)

# TUOLUMNE COUNTY RESOURCES & SUPPORT

While there is a strong association between suicide and mental illness such as mood and anxiety disorders, suicide is most often related to a combination of individual, environmental, and relational factors. Preventing suicide begins with addressing the social determinants of health for all Tuolumne County residents and supporting protective factors. We encourage efforts to sustain and expand local programs and groups that work to support health and well-being of community members.

- **Prioritize protective factors**

- Pay attention to peers, neighbors, and others who may be isolated - social connections help give our lives purpose and meaning
- Employ trauma-informed practices across all sectors (school, health, law enforcement, etc.)
- Support and sustain violence free environments

- **Build and enhance emotional well-being**

- Educate on how to manage emotions and healthy communication and conflict resolution
- Recognize and address trauma
- Support cultures of self-care

- **Reduce stigma and incorporate mental health into overall health**

- Promote safe storage of firearms, medications, and other potentially dangerous household products to reduce risk of suicide by separating at-risk individuals from easy access to lethal means
- Increase access to well-being/mental health services across the lifespan such as referral networks, employee assistance programs, older adult programs, etc.



Photos courtesy of Hope & Honor Walk Tuolumne County



**“Suicide has affected me in ways that are hard to explain. It’s a feeling that is left on my heart. A sad feeling. Just remember suicide is not the answer. There are so many people in this world that believe in you and want you to be successful. Just ask for help.”**

-Tuolumne County resident

## Hotlines & Support Groups

### Tuolumne County Suicide Prevention 24/7 Hotline

209-533-7000 or (800) 630-1130

### Tuolumne County Crisis Intervention Program

105 Hospital Rd. Sonoma, CA Walk-in 8 a.m. - 7 p.m.

Website: <https://www.tuolumnecounty.ca.gov/220/Behavioral-Health>

### Support Group for Survivors of Suicide Loss

2nd Tuesday of each month

209-559-0332 or 209-532-1328

### Survivors of Suicide Loss Bereavement Counseling

209-559-0840 or 209-247-7406 or 209-559-0332

### Center for a Non Violent Community 24/7 Violence Hotline

(209) 533-3401

Website: <https://nonviolentcommunity.org/>

## Community Trainings and Coalitions

### Hope and Honor Walk

Website: <https://www.facebook.com/suicidepreventionandawareness4all/>

### YES Partnership Coalition

Community-wide coalition dedicated to support Tuolumne County youth and families by preventing suicide, substance use and child abuse.

Website: <https://www.yespartnership.net/>

### Lantern of Light

Faith-based suicide prevention

Website: <https://lanternoflight.org/trainings/>

### safeTALK & ASIST Trainings

Applied Suicide Intervention Skills Training & alertness skills for community members  
209-533-1397 X226

## For questions or more information:



Call: 209-533-7401

Website: <https://www.tuolumnecounty.ca.gov/250/Public-Health#>



<https://www.facebook.com/tuolumnecountypublichealth/>



@tchealth

# ADDITIONAL RESOURCES FOR SUICIDE & CRISIS SUPPORT



800-852-8336  
Teen Line

800-843-5200  
CA Youth Crisis Line



Text 838255 Veterans  
Crisis Line

877-565-8860  
Trans Lifeline



1-866-488-7386  
Trevor Project

1-800-944-4773  
Postpartum Support  
International



1-800-656-HOPE  
RAINN National Sexual  
Assault Hotline

1-800-950-6264  
NAMI Helpline



If you or someone you know is  
having thoughts of suicide,  
call the National Suicide  
Prevention Lifeline. Dial 9-8-8



Veterans  
Crisis Line  
DIAL 988 then **PRESS 1**

**For emergencies call 9-1-1**