



Provisional Suicide Deaths in the United States, 2022

Media Statement

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Today, CDC is releasing the [latest provisional estimates for suicide deaths](#) in the United States in 2022. After declining in 2019 and 2020, suicide deaths increased approximately 5% in the United States in 2021. The provisional estimates released today indicate that suicide deaths further increased in 2022, rising from 48,183 deaths in 2021 to an estimated 49,449 deaths in 2022, an increase of approximately 2.6%. However, two groups did see a decline in numbers, American Indian and Alaska Native people (down 6.1%) and people 10-24 years old (down 8.4%).

“Nine in ten Americans believe America is facing a mental health crisis. The new suicide death data reported by CDC illustrates why. One life lost to suicide is one too many. Yet, too many people still believe asking for help is a sign of weakness,” said HHS Secretary Xavier Becerra. “The Biden-Harris Administration is making unprecedented investments to transform how mental health is understood, accessed and treated as part of President Biden’s Unity Agenda. We must continue to eliminate the stigmatization of mental health and make care available to all Americans.”

“The troubling increase in suicides requires immediate action across our society to address the staggering loss of life from tragedies that are preventable,” said CDC’s Chief Medical Officer Debra Houry, M.D., M.P.H. “Everyone can play a role in efforts to save lives and reverse the rise in suicide deaths.”

“Today’s report underscores the depths of the devastating mental health crisis in America. Mental health has become the defining public health and societal challenge of our time. Far too many people and their families are suffering and feeling alone,” said U.S. Surgeon General Vivek Murthy, M.D., M.B.A. “These numbers are a sobering reminder of how urgent it is that we further expand access to mental health care, address the root causes of mental health struggles, and recognize the importance of checking on and supporting one another. If you or a loved one are in emotional distress or suicidal crisis, please know that your life matters and that you are not alone. The 988 Suicide and Crisis Lifeline is available 24/7 for anyone who needs help.”

Last week, CDC announced seven new recipients in [CDC’s Comprehensive Suicide Prevention Program \(CSP\)](#), now funding 24 programs to implement and evaluate a comprehensive public health approach to suicide prevention, with a special focus on populations that are disproportionately affected by suicide. CDC’s [Suicide Prevention Resource for Action](#) offers states and communities evidence-based strategies to prevent suicide.

The National Action Alliance for Suicide Prevention and the 988 Suicide & Crisis Lifeline suggest 5 steps to help safeguard people from the risk of suicide and support them when in crisis:

1. **Ask:** Asking and talking about suicide may in fact reduce rather than increase suicidal ideation.
2. **Help keep them safe:** Reducing a suicidal person’s access to lethal means is an important part of suicide prevention.
3. **Be there:** Increasing someone’s connectedness to others and limiting their isolation has shown to be a protective factor against suicide.
4. **Help them connect:** Individuals that called the [988 Lifeline](#) [🔗](#) were significantly more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful by the end of calls.

5. **Follow up:** After you've connected a person experiencing thoughts of suicide with the immediate support systems that they need, following-up with them to see how they're doing can help increase their feelings of connectedness and support. There's evidence that even a simple form of reaching out can potentially reduce that person's risk for suicide.

Learn more about [five action steps](#) for communicating with someone who may be suicidal at <https://www.bethe1to.com/>.

If you or someone you know is in crisis, please contact the [988 Suicide & Crisis Lifeline](#) by calling or texting 988 or chatting online at 988lifeline.org. Connect with a trained crisis counselor 24/7/365.

To learn more about the latest suicide data, as well as CDC's efforts to prevent suicide, go to [Suicide Data and Statistics | Suicide | CDC](#).

Suicide Deaths in the United States Overall and By Select Demographic Characteristics, 2021-2022

	Final Deaths 2021	Provisional Deaths 2022	Percent Change, 2021-2022
Overall	48,183	49,449	2.6
Gender			
Male	38,358	39,255	2.3
Female	9,825	10,194	3.8
Race/Ethnicity			
Not Hispanic or Latino			
American Indian or Alaska Native	692	650	-6.1
Asian	1,379	1,458	5.7
Black or African American	3,692	3,825	3.6
Native Hawaiian or Other Pacific Islander	82	95	15.9
White	36,681	37,459	2.1
Multiracial	631	681	7.9
Hispanic or Latino	4,907	5,120	4.3
Age Group			
10-24 years	7,126	6,529	-8.4
25-44 years	16,724	16,843	0.7
45-64 years	14,668	15,632	6.6
≥ 65 years	9,652	10,433	8.1
-Suicide deaths were identified by using International Classification of Diseases, Tenth Revision underlying cause-of-death codes U03, X60-X84, and Y87.0.			
-Data for race and Hispanic or Latino (Hispanic) origin should be interpreted with caution; studies comparing race and Hispanic origin on death certificates and on U.S. Census Bureau surveys have shown inconsistent reporting. This might lead to underestimates for certain racial groups.			
-Relative change was calculated using the following equation: $(2022 \text{ Provisional count} - 2021 \text{ count}) / 2021 \text{ count} \times 100$ - Provisional data are based on death certificate data received, but not yet fully reviewed, by CDC's National Center for Health Statistics (NCHS). Provisional data provide an early estimate of deaths before the release of final data. Complete documentation may be found at https://wonder.cdc.gov/mcd-icd10-provisional.html .			
-Data were accessed on CDC WONDER on August 10, 2023 and represent data received as of August 6, 2023.			

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