Suicide is a significant public health problem in Shasta County, annually causing an average of 34 deaths and 108 hospitalizations. Consistently, Shasta County has a suicide death rate that is more than twice the rate of the state of California. Suicide is the seventh leading cause of death in Shasta County.

Our Approach to Suicide Prevention
To address the pressing health concern of suicide, Shasta County Public Health has implemented a new Suicide Prevention Program. This program recommends the following approach to helping reduce the number of people who commit suicide in our county.

- Expand awareness of suicide prevention practices and methods.
- Increase primary care physician education and support regarding suicide.
- Increase identification and referral of persons at risk for suicide.
- Promote efforts to reduce access to lethal means and methods of self-harm.
- Improve and expand data collection systems for self-harm and suicide completion.
- Educate community on signs of suicide and appropriate interventions.

Suicide Fast Facts
- Many of the individuals who die by suicide have a diagnosable mental illness or substance abuse disorder at the time of their death.
- The rate of suicide deaths is greatest among senior citizens, especially males.
- Females and males attempt suicide at about the same rate in Shasta County, but males are three times more likely to complete suicide because they use more lethal means, such as firearms.
- A person dies by suicide in the United States about every 18 minutes.
- A suicide intimately affects at least six other people.
SUICIDE Prevention
Quick Facts

Suicide Risk Factors
- Previous suicide attempt
- History of depression or other mental illness
- Alcohol or other drug abuse
- Family history of suicide or violence
- Physical illness
- Feeling alone
- For additional risk factors, go to www.cdc.gov/injury

Resources

Suicide Help Lines
Shasta County Helpline: 225-5252
Eastern Shasta County: 1-800-852-5252
National Suicide Hotline: 1-800-273-TALK

Suicide Loss Support Group
Second and fourth Tuesdays of each month,
2640 Breslauer Way, from 6:00 - 8:00 pm
For more information, call 524-4480 or 275-3630.
(sponsored by Help, Inc.)

Suicide Myth vs. Fact

MYTH: Guns cause suicide.
FACT: Having a gun in the home increases access to lethal means. Firearms represent the leading method of suicide death in Shasta County.

MYTH: Most suicides are inevitable.
FACT: Suicide is largely preventable. Restricting access to lethal means has proven to be a successful suicide prevention strategy.

MYTH: Asking “Are you thinking about committing suicide?” may trigger a person to make a suicide attempt.
FACT: Asking direct, caring questions about suicide will often minimize a person’s anxiety and act as a deterrent to suicidal behavior.

Shasta County Public Health
2660 Breslauer Way, Redding CA 96001
For more information, call 229-8426
www.shastapublichealth.net

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