

Texas Suicide Deaths, 2019-2022

The Texas Department of State Health Services recognizes suicide as a serious public health issue. **We acknowledge that every statistic or data point in this report is an actual person, and suicide deaths affect individuals, families, workplaces, and communities.**

We are dedicated to identifying and addressing personal and systemic circumstances that contribute to these preventable deaths.



The **Texas Violent Death Reporting System (TVDRS)** collects violent death data from many sources including death certificates, medical examiner reports, justices of the peace reports, and law enforcement investigations. Violent deaths include **suicides, homicides, accidental firearm deaths, and undetermined violent deaths.**

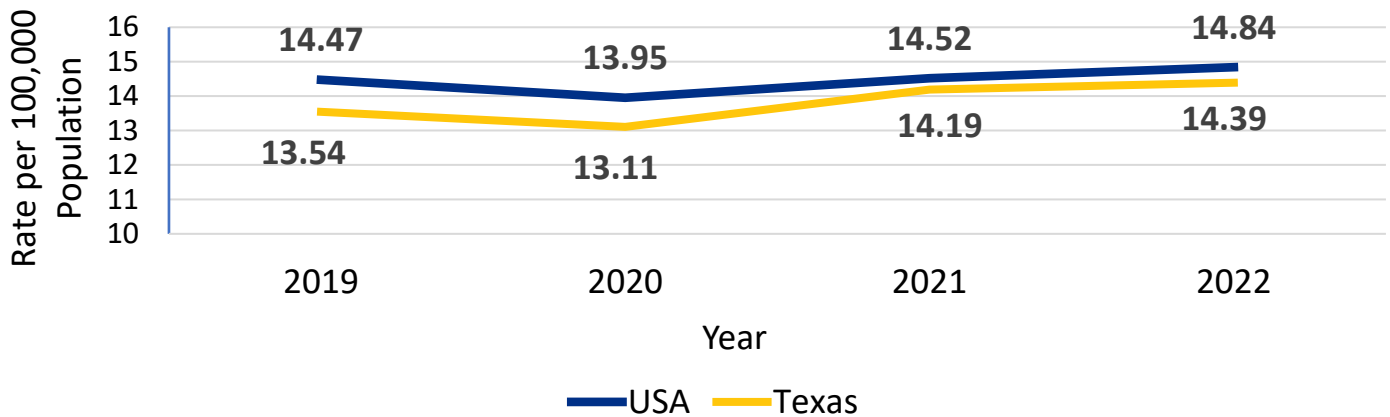
TVDRS removes personal information of the deceased and enters information into the Centers for Disease Control and Prevention (CDC) National Violent Death Reporting System database.

Our mission is to use violent death data to inform decisions that save lives.



The suicide rate in **Texas mirrored U.S. suicide trends**, with a **decline in 2020** and an **increase in 2021**.

Crude Suicide Mortality Rates, U.S. and Texas, 2019-2022



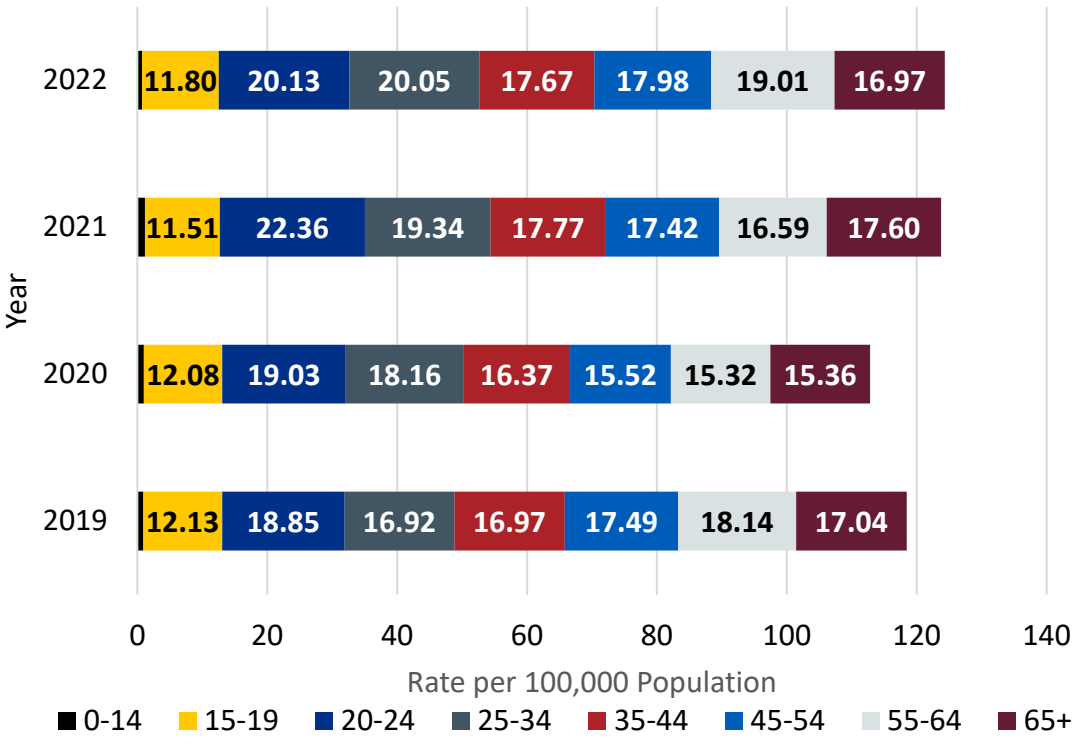
In 2022, **Texas ranked second** in total violent deaths in the U.S.

Between 2019 and 2022, **3 out of 5 violent deaths reported in Texas were suicides.**

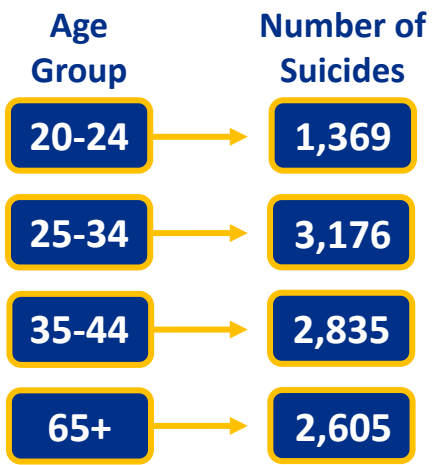
There were a total of **16,262** Texas **suicides** reported from 2019 to 2022.

Data from TVDRS, 2019-2022.

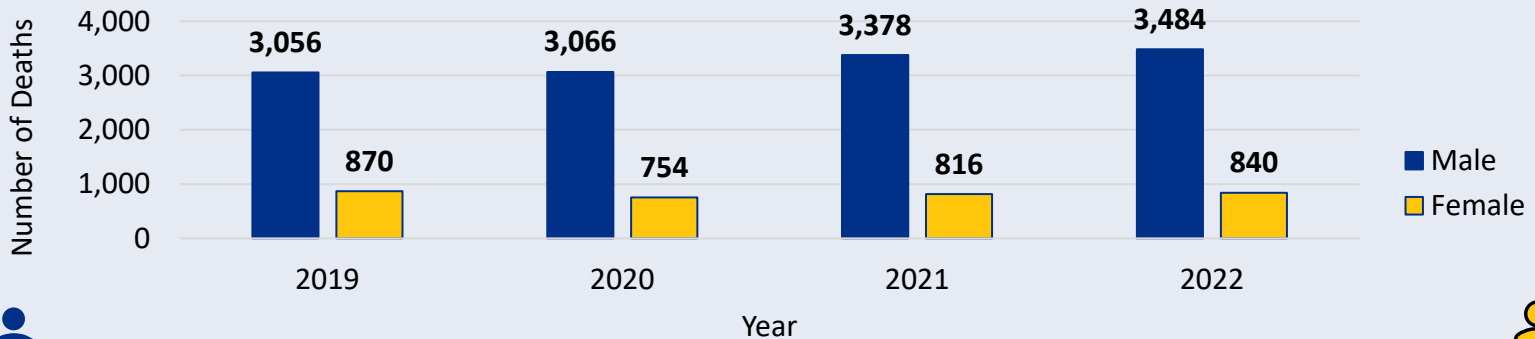
Suicide Mortality Rates per 100,000 Population by Age Group and Year, Texas, 2019-2022



While the highest number of suicide deaths occurred among individuals aged 25-34, the suicide rate was highest in the 20-24 age group.



Suicide Deaths by Sex and Year, Texas, 2019-2022

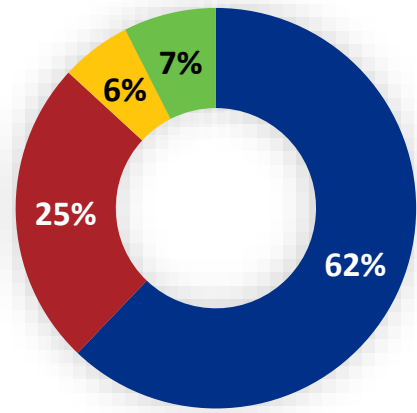


Between 2019-2022, **Males** accounted for **80%** of suicide deaths. **Females** accounted for **20%**.

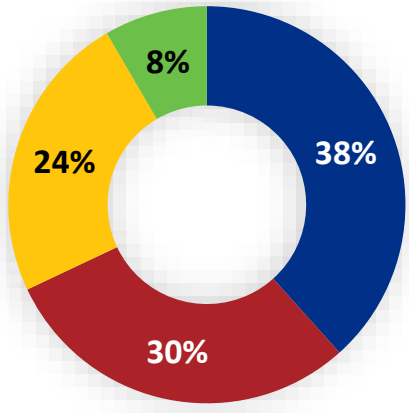


Suicide Methods in Males and Females, Texas, 2019-2022

Males

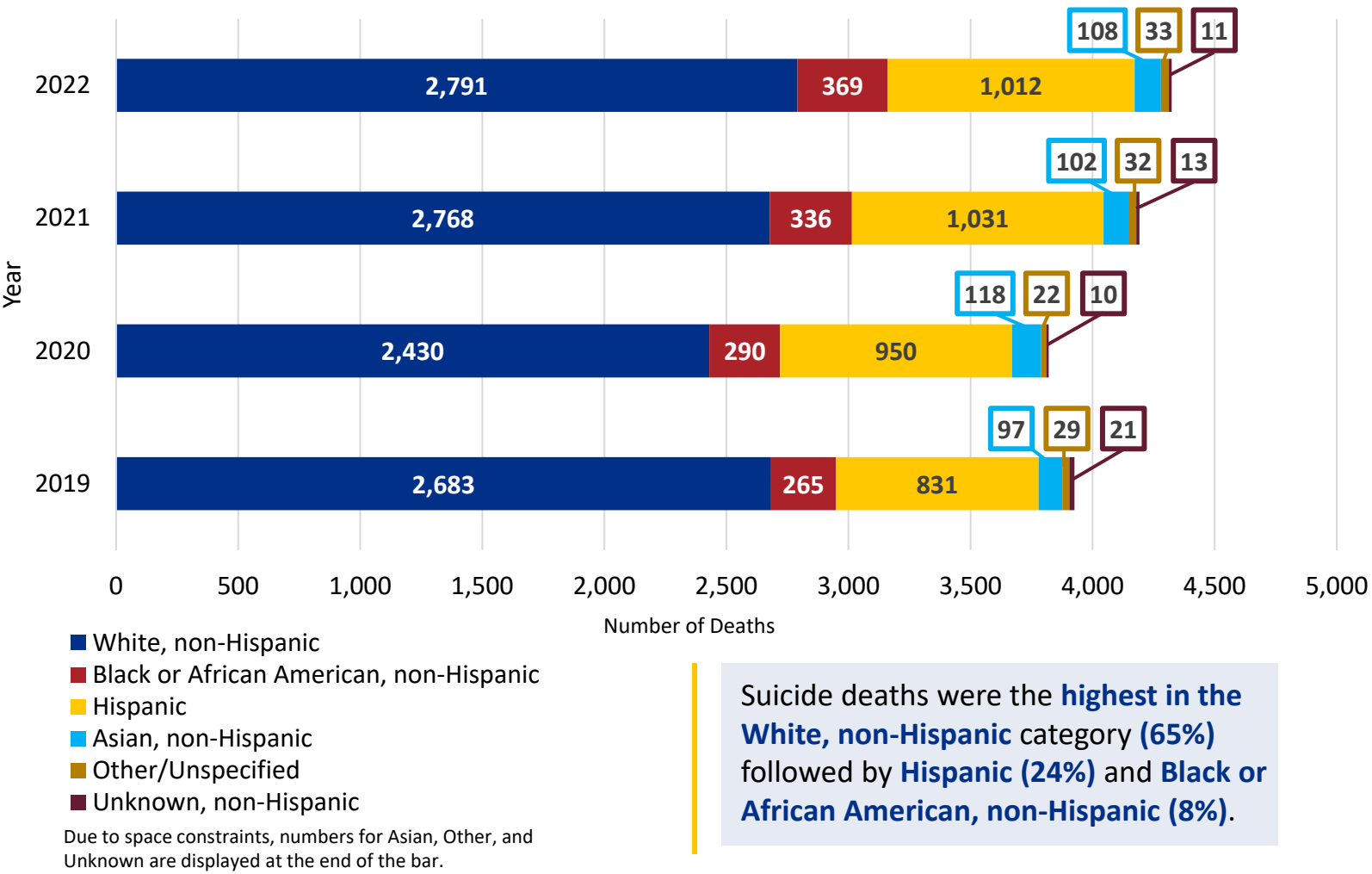


Females

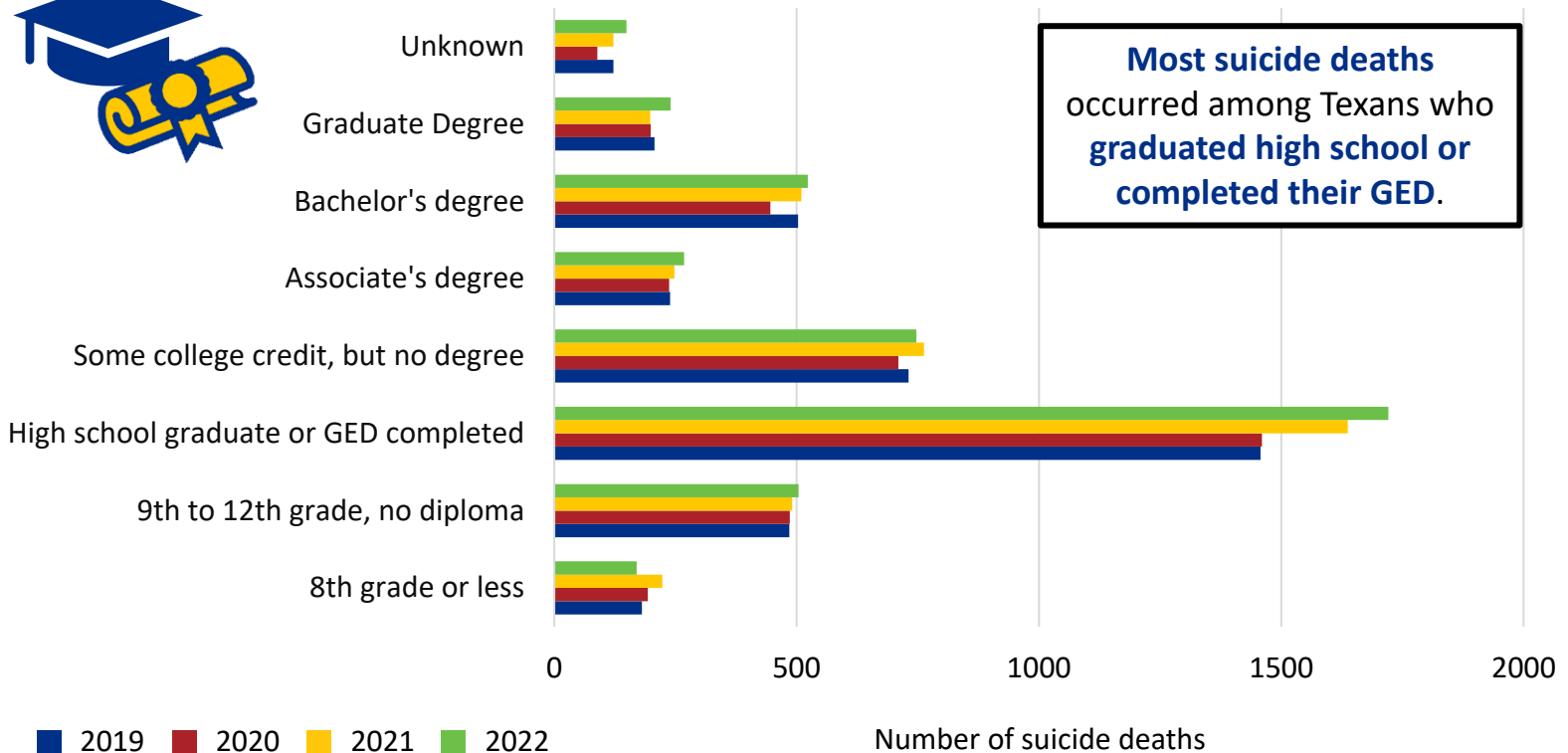


“Other” includes falls, drownings, burns, explosives, and unknown.

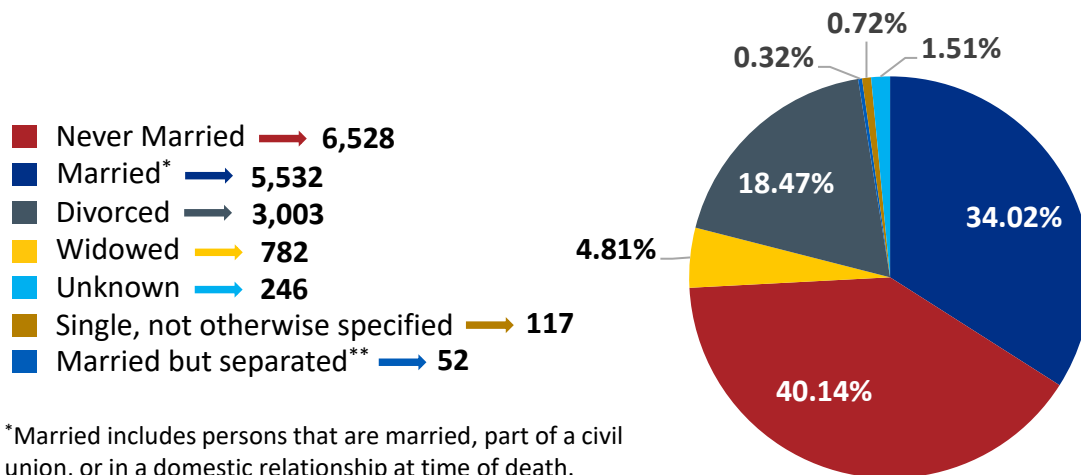
Suicide Deaths by Race/Ethnicity and Year, Texas, 2019-2022



Suicide Deaths by Highest Education Level Achieved and Year, Texas, 2019-2022



Marital Status of Texans Who Died by Suicide, Texas, 2019-2022

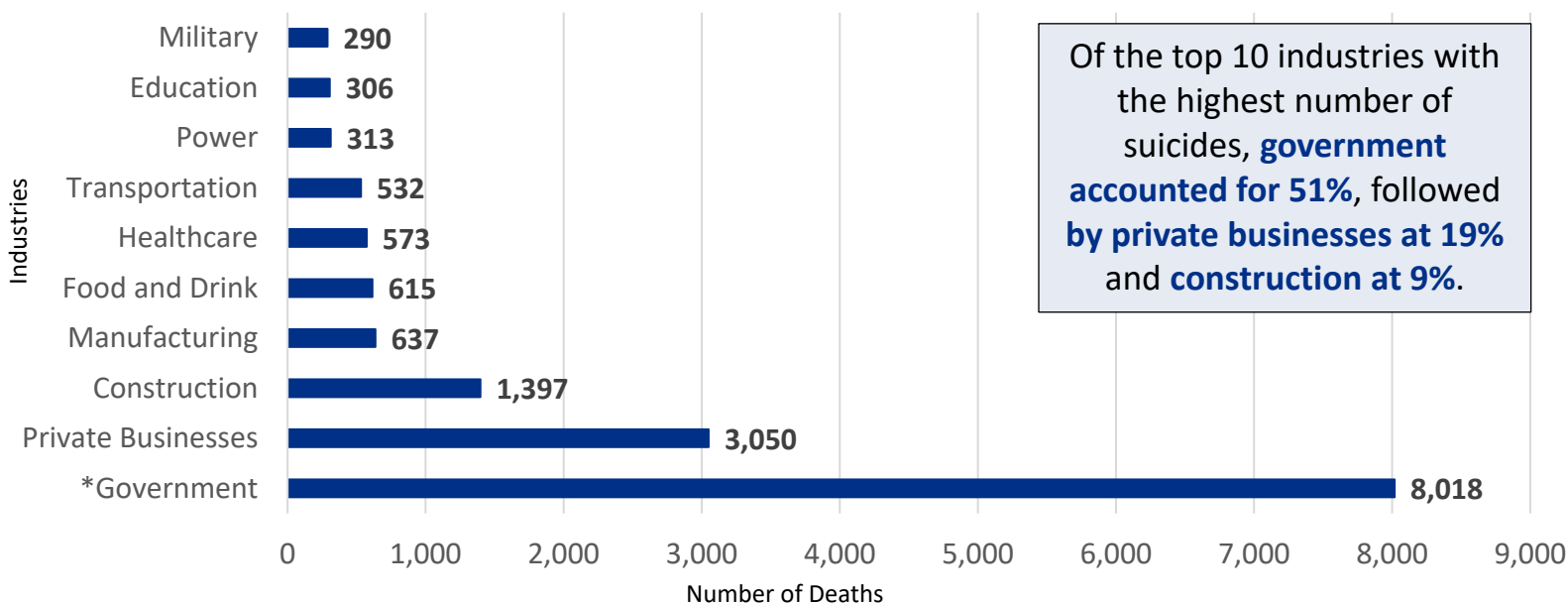


Most Texans who died by suicide had **never married** at the time of death, followed by those who were **married**.

*Married includes persons that are married, part of a civil union, or in a domestic relationship at time of death.

**Married but separated includes persons who were living apart but married or part of a civil union, or a domestic relationship and had not formally dissolved the relationship.

Top 10 Industries with the Highest Number of Suicides, Texas, 2019-2022

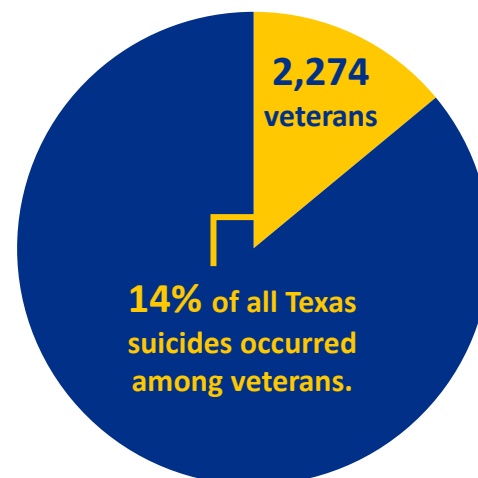


Of the top 10 industries with the highest number of suicides, **government** accounted for **51%**, followed by **private businesses** at **19%** and **construction** at **9%**.

*Government includes:

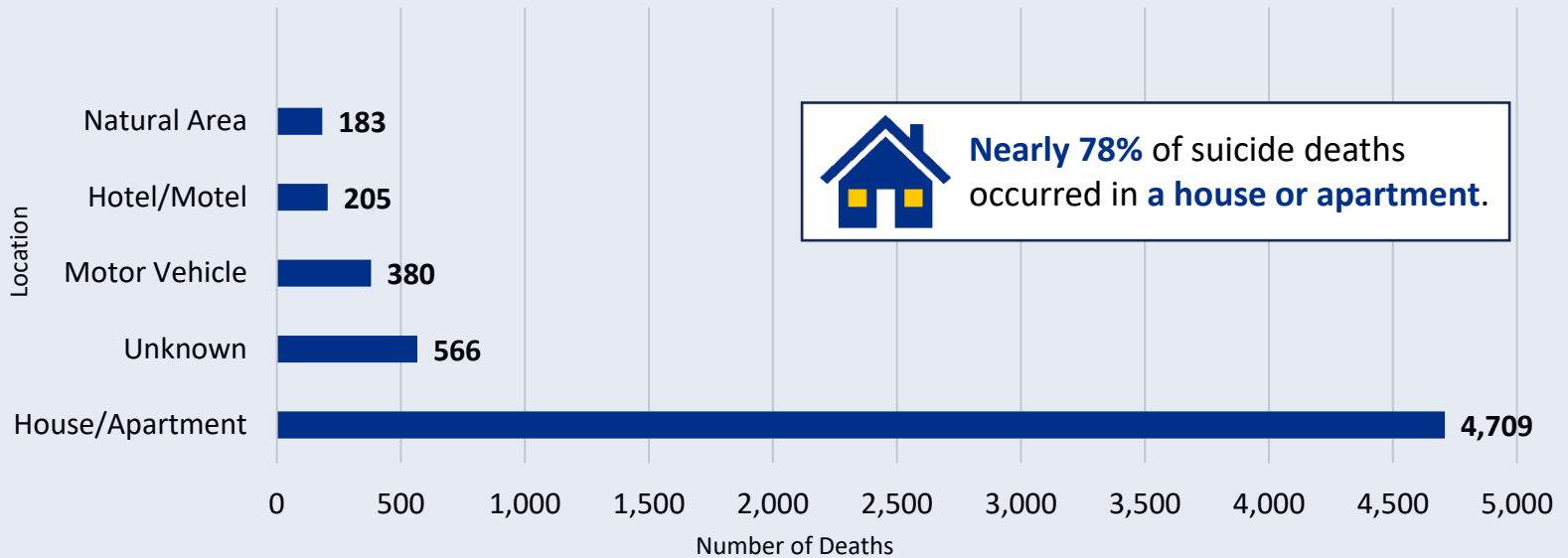
- Executive offices and legislative bodies
- Public finance activities
- Other general government and support
- Justice, public order, and safety activities
- Administration and human resource programs
- Administration of environmental quality and housing programs
- Administration of economic programs and space research
- National security and international affairs
- National Institute for Occupational Safety and Health (NIOSH): retired
- NIOSH: non-paid workers
- NIOSH: insufficient Information

Military Status of Suicide Victims, Texas, 2019-2022



Non-veterans accounted for 13,988 Texas suicides.

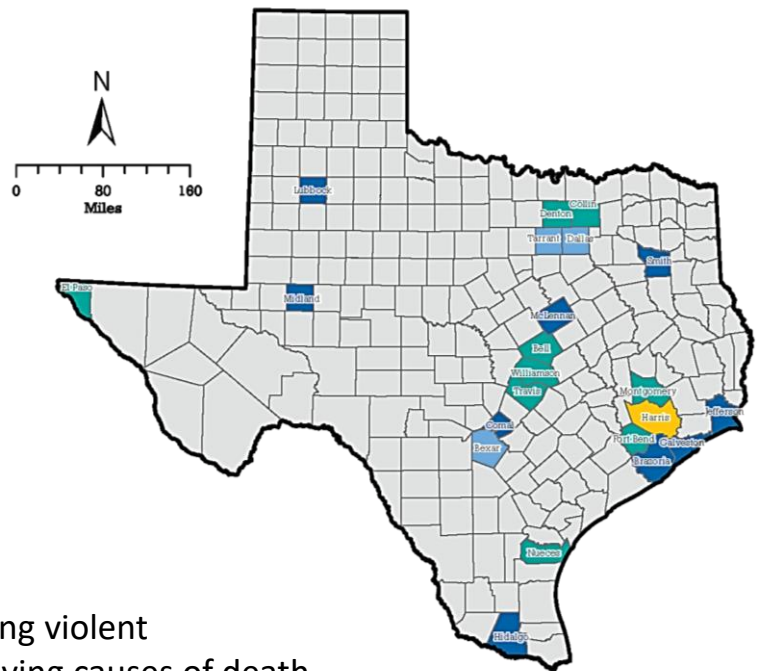
Top 5 Locations Where Suicides Took Place, Texas, 2019-2022



TVDRS Expansion Map

TVDRS does not yet cover all Texas counties but is expanding each year. **As of 2024, TVDRS covers 22 counties that make up 70% of Texas violent deaths.**

Because of limited coverage, the circumstance* information is incomplete, and circumstantial data shared do not represent the full picture of suicide deaths in Texas.



*Circumstance data are circumstances surrounding violent deaths/suicides that help understand the underlying causes of death.

Year of Violent Death	Year of Data Collection	Counties	Percent of Violent Deaths in Texas
2019	2020-2021	Harris (Suicides Only)	Pilot
2020	2021-2022	Bexar, Dallas, Harris, Tarrant	40%
2021-2023	2022-2025	Above plus Bell, Collin, Denton, El Paso, Fort Bend, Montgomery, Nueces, Travis, and Williamson	60%
2024	2025-2026	Above plus Brazoria, Comal, Galveston, Jefferson, Hidalgo, Lubbock, McLennan, Midland, and Smith	70%
2025	2026-2027	All 254 Counties	100%

Circumstance Information Available – Target Counties

Circumstance	2019	2020	2021	2022
Available	481	862	1,301	1,958
Not Available	26	430	1,086	506
Total	507	1,292	2,387	2,464
Percentage Available	94.87%	66.72%	54.50%	79.46%

Suicide Circumstance Information by Year

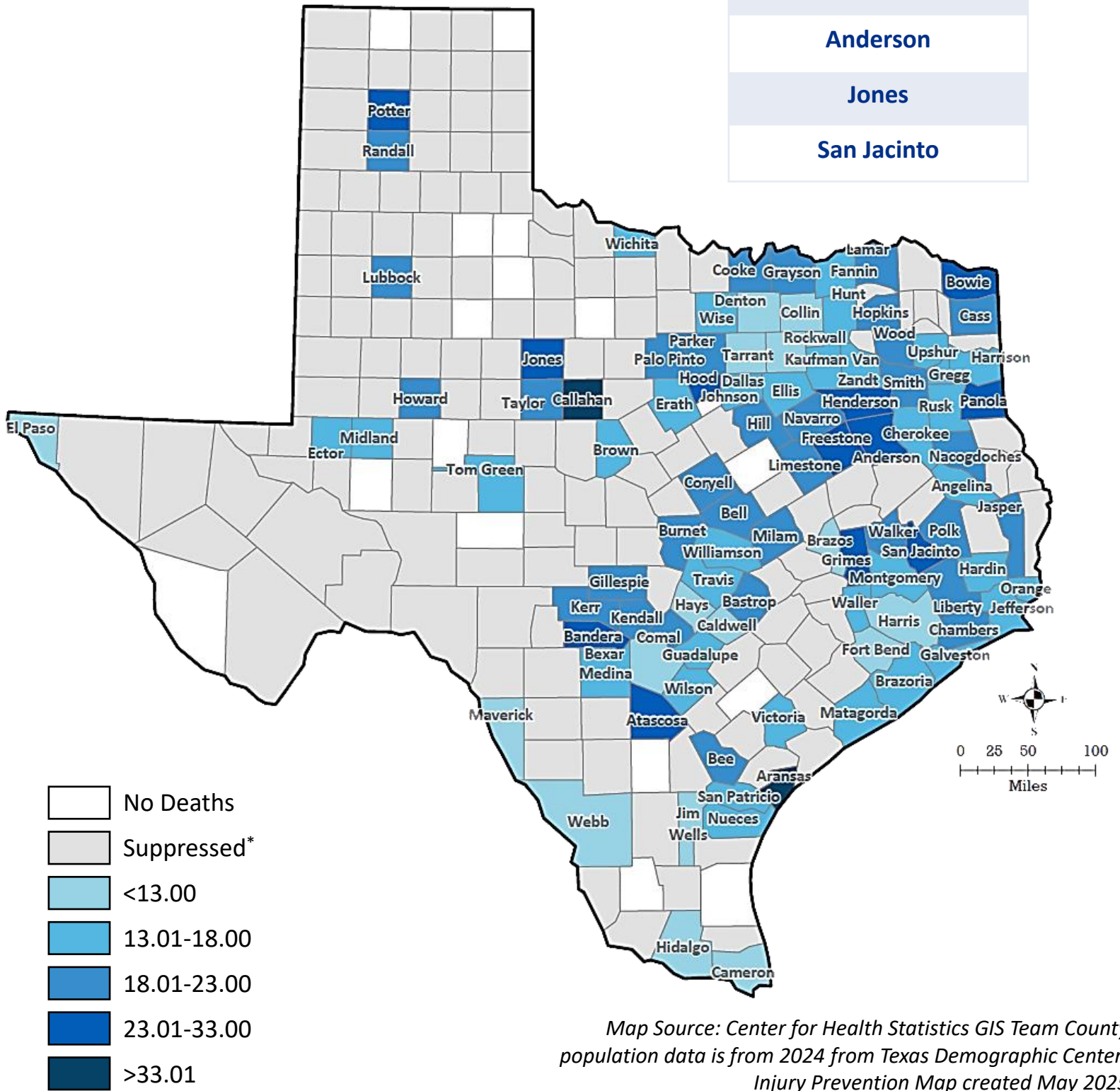
Circumstantial data only represent cases that have circumstance information available in target counties.
People who died from suicide may have multiple circumstances listed.

2019	2020	2021	2022
11.59% Had any crisis*	10.05% Experienced mental health issues	11.71% Experienced mental health issues	16.44% Experienced mental health issues
7.92% Experienced mental health issues	8.27% Suicidal ideation	9.49% Suicidal ideation	13.81% Suicidal ideation
7.85% Suicidal ideation	7.62% Had any crisis*	7.35% Other substance abuse history	9.60% Other substance abuse history
6.42% Left suicide note	5.92% Left suicide note	5.92% Left suicide note	9.39% Suicide attempt history
6.42% Suicide intent disclosed to someone	4.53% Other substance abuse history	5.89% Alcohol-related issues	8.09% Left suicide note
4.23% Suicide attempt history	4.06% Suicide attempt history	5.06% Suicide attempt history	6.78% Suicide intent disclosed to someone
4.1% Alcohol-related issues	3.74% Alcohol-related issues	4.82% Suicide intent disclosed to someone	6.59% Alcohol-related issues
3.87% Other substance abuse history	3.64% Suicide intent disclosed to someone	3.29% Had any crisis*	2.91% Had any crisis*
0.28% Recent friend or family member died by suicide	0.24% Recent friend or family member died by suicide	0.74% Recent friend or family member died by suicide	0.90% Recent friend or family member died by suicide

*"Any crisis" defined as the deceased experiencing a negative life event within two weeks prior to death.

Suicide Mortality Rate per 100,000 Population by Texas County, 2019-2022

Most Impacted Counties	
Callahan	
Aransas	
Anderson	
Jones	
San Jacinto	



*Rates where the numerator is 1-20 are suppressed because rates based on small numbers are unreliable.

Suicide Prevention Tips



Talk in a neutral and factual manner that encourages others to open up.

When [talking about suicide](#), use words that are neutral, factual, and free from stigma regarding accessing care or being different due to mental health concerns.



Promote safety.

- Encourage safe firearm storage and distribute gun locks.
- Promote proper medication disposal to prevent drug poisonings.
- Learn more about safe firearm storage safety: [Safe Firearm Storage Toolkit](#), [Project Child Safe](#), [Firearm Injury and Death Prevention](#), and [Counseling on Access to Lethal Means](#).



Strengthen community connections.

- Create safe spaces for open conversations about mental health.
- Help build connections among community members at heightened risk for suicide, such as youth, veterans, and the elderly.
- Establish peer support programs where individuals with lived experiences can help others.



Practice postvention.

It's important to support the individuals, families, and communities affected by suicide loss, to reduce the cycle of trauma and increased suicide risk. Learn more at the [American Foundation for Suicide Prevention](#).



Know the warning signs.

[Common Warning Signs](#) include:

- Talking about wanting to die or taking their own life.
- Talking about feeling empty, hopeless, or having no reason to live.
- Talking about feeling trapped or that there are no solutions.
- Feeling unbearable emotional or physical pain.
- Talking about being a burden to others.
- Withdrawing from family and friends.
- Giving away important possessions.
- Saying goodbye to friends and family.
- Putting affairs in order, such as making a will.
- Taking great risks that could lead to death, such as driving extremely fast.
- Talking or thinking about death often.



5 steps to help someone who is suicidal.

1. Ask and listen.
2. Keep them safe.
3. Be there.
4. Help them connect.
5. Follow up.

Visit [BeThe1To](#) for more information.

Suicide Prevention Resources



Increase awareness and use of the [988 Suicide & Crisis Lifeline](#).

Caring counselors are available to anyone who is facing mental health struggles, emotional distress, alcohol or drug use concerns, or just needs someone to talk. People can call or text 988 or visit [988lifeline.org/](#) to chat with a caring counselor for themselves or if they are worried about a loved one who may need crisis support.



[Veteran's Crisis Line](#)

24/7, confidential crisis support for veterans and their loved ones.

Talk: 988, press 1. **Chat:** [veteranscrisisline.net](#). **Text:** 838255.



Texas Health and Human Services (HHSC) [Suicide Prevention Program](#)

The HHSC Suicide Prevention program works to reduce suicide in Texas. The program shares tools to assess suicide risk, analyze suicide data and trends, and provide training and technical assistance in the best practices for suicide prevention, intervention and postvention support.