



**American  
Foundation  
for Suicide  
Prevention**

Arkansas

# American Foundation for Suicide Prevention

## Arkansas Chapter Introduction



# Our Mission

**Save Lives and Bring Hope to  
Those Affected by Suicide**



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**Why We Fight for the Cause**

# Suicide National Statistics

- Suicide is one of the leading causes of death in the U.S., with over **48,000 Americans dying** each year
- Suicide is the **2<sup>nd</sup> leading cause of death** for those between ages 10-34
- It is estimated that there are 25 suicide attempts for each death, or more than **1 million suicide attempts** per year



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# Arkansas Statistics

## Suicide Data: **Arkansas**



Suicide is a public health problem and leading cause of death in the United States. Suicide can also be prevented – more investment in suicide prevention, education, and research will prevent the untimely deaths of thousands of Americans each year. Unless otherwise noted, this fact sheet reports 2020 data from the CDC, the most current verified data available at time of publication (March 2022).

### **11th** leading cause of death in Arkansas

#### **3rd leading**

cause of death for ages 10-24

#### **2nd leading**

cause of death for ages 25-34

#### **4th leading**

cause of death for ages 35-44

#### **8th leading**

cause of death for ages 45-54

#### **11th leading**

cause of death for ages 55-64

#### **18th leading**

cause of death for ages 65+

### Suicide Death Rates

|                 | Number of Deaths by Suicide | Rate per 100,000 Population | State Rank |
|-----------------|-----------------------------|-----------------------------|------------|
| <b>Arkansas</b> | <b>583</b>                  | <b>19.15</b>                | <b>11</b>  |
| Nationally      | 45,979                      | 13.48                       |            |

See full list of citations at [afsp.org/statistics](https://afsp.org/statistics).

**69.77%** of communities did not have enough mental health providers to serve residents in 2021, according to federal guidelines.

Almost **20 times** as many people died by suicide in 2019 than in alcohol related motor vehicle accidents.

The total deaths to suicide reflected a total of **12,603 years** of potential life lost (YPLL) before age 65.

**54%** of firearm deaths were suicides.

**62%** of all suicides were by firearms.

**How We Fight for the Cause**

# Research

- Research Connections
  - Dr. Tina Goldstein
    - “Sleeping Your Way to Better Mental Health: How Sleep Health Impacts Mental Health...and What You Can Do About It.”
  - Anna S. Mueller, PhD
    - “The Social Roots of Adolescent Suicide”



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# Prevention education

- In 2022, the Arkansas Chapter has provided 26 presentations to 647 individuals throughout Arkansas.
- Presentations include:
  - Talk Saves Lives
  - It's Real Teens and Mental Health
  - It's Real College Students
  - More Than Sad
  - Gizmo
  - ASIST
  - safeTALK
  - Mental Health First Aid
  - Soul Shop for Faith Communities



# Project 2025

- Corrections
  - UAMS Research Team along with the Arkansas Chapter is implementing suicide prevention in two corrections facilities in our state.



## Arkansas Chapter - Project 2025: Corrections



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# Advocacy

- Mental Health Committee
  - In March of 2022, a mental health committee was formed with our legislators. Our chapter has provided guidance and information on public policy that could help our states suicide prevention efforts
- Field Advocates
  - 587 active field advocates
  - They receive monthly email updates from the public policy office that alert them to legislation and policies that we need support for.
  - Helping to demand action from our law makers
- State Capitol Day
  - February 15 – March 15
  - Inviting our active high school volunteers to be a part of the event
- June Advocacy Forum in DC
  - AFSP's largest effort to educate legislators about suicide prevention.



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# Loss and Healing

- International Survivors of Suicide Loss Day
  - Little Rock, Hot Springs, & Northwest Arkansas
- Healing Conversations
  - 10 trained volunteers

*Please Join Us*  
NOVEMBER 19, 2022

International Survivors of  
Suicide Loss Day

Three locations in Arkansas  
Little Rock  
Northwest Arkansas  
Hot Springs

Register for the event at [afsp.org/arkansas](https://afsp.org/arkansas)

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**How You Can Help**



# Get Involved!

- **Walk** in your community
- **Sign-up** to be a Field Advocate
- **Give a gift**
- **Partner** to bring prevention to schools
- **Sponsor** an event
- **Get trained** to teach programs





# Thank You!

Be Sure to Follow Us:



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