

# Counseling Cards: Self Esteem Awareness

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## Self esteem

- Suicide took the lives of 30,622 people in 2001 (CDC 2004).
- Suicide rates are generally higher than the national average in the western states and lower in the eastern and midwestern states (CDC 1997).
- In 2002, 132,353 individuals were hospitalized following suicide attempts; 116,639 were treated in emergency departments and released (CDC 2004).
- In 2001, 55% of suicides were committed with a firearm (Anderson and Smith 2003).

## Groups At Risk

### Males

- Suicide is the eighth leading cause of death for all U.S. men (Anderson and Smith 2003).
- Males are four times more likely to die from suicide than females (CDC 2004).
- Suicide rates are highest among Whites and second highest among American Indian and Native Alaskan men (CDC 2004).
- Of the 24,672 suicide deaths reported among men in 2001, 60% involved the use of a firearm (Anderson and Smith 2003).

### Females

- Women report attempting suicide during their lifetime about three times as often as men (Krug et al. 2002).

### Youth

The overall rate of suicide among youth has declined slowly since 1992 (Lubell, Swahn, Crosby, and Kegler 2004). However, rates remain unacceptably high. Adolescents and young adults often experience stress, confusion, and depression from situations occurring in their families, schools, and communities. Such feelings can overwhelm young people and lead them to consider suicide as a "solution." Few schools and communities have suicide prevention plans that include screening, referral, and crisis intervention programs for youth.

- Suicide is the third leading cause of death among young people ages 15 to 24. In 2001, 3,971 suicides were reported in this group (Anderson and Smith 2003).
- Of the total number of suicides among ages 15 to 24 in 2001, 86% (n=3,409) were male and 14% (n=562) were female (Anderson and Smith 2003).
- American Indian and Alaskan Natives have the highest rate of suicide in the 15 to 24 age group (CDC 2004).

In 2001, firearms were used in 54% of youth suicides (Anderson and Smith 2003).