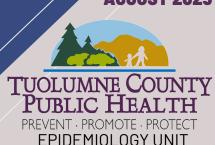
AUGUST 2025

Tuolumne County Suicide Data Report 2005-2024



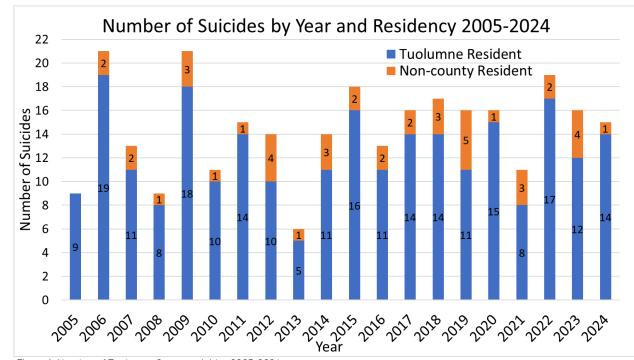
CONTENT WARNING

This report includes data about suicide and self-harm. We invite everyone to read with caution. Trauma informed tips and techniques for self-care can be found at: http://ph.lacounty.gov/ovp/TIC_LearningResources.htm

Suicide is a leading cause of death in the United States, presenting a major, multi-faceted public health issue. In 2023, over 49,000 people died by suicide in the United States and over 12.8 million adults seriously thought about suicide. An estimated 30 attempted suicides occur per every suicide death, and those who survive suicide may have serious injuries, in addition to having depression and other mental health problems. Between 2015 and 2020, suicide and emergency department visits for non-fatal self-harm cost the nation more than \$510 billion a year in addition to the emotional toll on family and friends. (Source: Centers for Disease Control)

Tuolumne County Overview

Data is from 2005 to 2024 unless otherwise noted and accounts only for deaths classified as suicides on the death certificates available in the Cal-IVRS system.



22.9

suicides per 100,000

Tuolumne County 2021-2023

10.8

suicides per 100.000

California 2021-2023

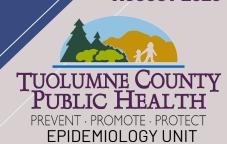
Figure 1: Number of Tuolumne County suicides 2005-2024

- From 2005-2024, there has been an average of 14.5 suicide deaths per year in Tuolumne County.
- The average suicide deaths of Tuolumne County residents is 12.3 per year.
 The recent 5-year average is 13.2 suicide deaths per year.
- 14.8% of suicides between 2005-2024 have been non-county residents who died in Tuolumne County.
- Year-to-year variability in suicide incidents makes identifying short term trends challenging in Tuolumne County due to our small sample size.

Methodology and About California Integrated Vital Records System (Cal-IVRS)

Cal-IVRS contains death certificate information for all deaths that occur in Tuolumne County as well as all Tuolumne County residents who died in other California counties. Death certificates were manually coded to identify suicides and method of suicide. The Tuolumne County Coroner, Health Officer, and California Department of Public Health (CDPH) data branches provided input on this project.

Tuolumne County Suicide Data Report 2005-2024



Method of Suicide 2005-2024

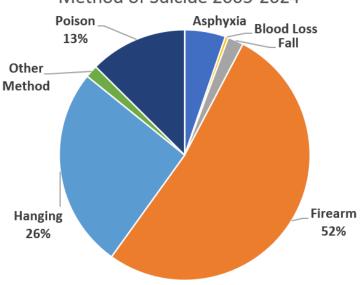


Figure 2: Method of suicide amongst Tuolumne County residents, 2005-2024

- The use of firearms is the most common mechanism of suicide followed by hanging and poisoning.
- Firearms are used in 52% of suicides which is significantly higher than the state average of 39%.
 - Firearms are the mechanism used for 57% of male suicides and 31% of female suicides.
 - Hanging is the mechanism used in 25% of male suicides and 31% of female suicides.
 - Poisoning is the mechanism used in 10% of male suicides and 24% of female suicides.
 - Men account for more than 81% of suicide deaths among Tuolumne residents.
 - This is slightly higher than the state average of 78%

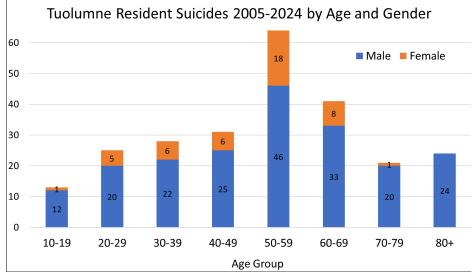


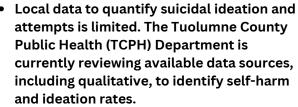
Figure 3: Tuolumne County by sex and age group, 2005-2024



4 out of 5 suicide deaths among Tuolumne residents were male

- Similar to state trends, 25-65 year olds account for 65% of suicide deaths in Tuolumne County.
- 41% of suicide deaths were in the 45-64 year old range which was much higher than the state rate of 30% for that age range in 2020-2023.
- The average age among suicides was 51 for men and 48 for women.

Suicidal Ideation



CDPH data on self-harm suggests that the burden is much higher in youth. The rate of self-harm is also double in women compared to men.

Youth & Suicide

- Suicide is the second most common cause of death for youth ages 10-19 years old in the county.
- 25% of Tuolumne County resident deaths ages 15-19 years are by suicide.

Over 33% of Tuolumne County high school juniors experience chronic sadness or hopelessness

California Healthy Kids Survey



RESOURCES & SUPPORT

While there is a strong association between suicide and mental illness such as mood and anxiety disorders, suicide is most often related to a combination of individual, environmental, and relational factors. Preventing suicide begins with addressing the social determinants of health for all Tuolumne County residents and supporting protective factors. We encourage efforts to sustain and expand local programs and groups that work to support health and well-being of community members.

Prioritize protective factors

- Pay attention to peers, neighbors, and others who may be isolated - social connections help give our lives purpose and meaning
- · Employ trauma-informed practices across all sectors (school, health, law enforcement, etc.)
- Support and sustain violence free environments

Build and enhance emotional well-being

- Educate on how to manage emotions and healthy communication and conflict resolution
- Recognize and address trauma
- Support cultures of self-care

Reduce stigma and incorporate mental health into overall health

- Promote safe storage of firearms, medications, and other potentially dangerous household products to reduce risk of suicide by separating at-risk individuals from easy access to lethal means
- Increase access to wellbeing/mental health services across the lifespan such as referral networks, employee assistance programs, older adult programs, etc.

For questions or more information:



Call: 209-533-7401

Website: ecounty.ca.gov/250/ Public-Health#





https://www.tuolumn



"Suicide does not discriminate—it touches every age, background, and community. But so does hope. Healing begins when we share, listen, and reach out to each other. You are not alone. Hold On. Reach out. Help is here."

> -Tami Mariscal, Tuolumne County Behavioral Health Director

Hotlines & Support Groups

- Tuolumne County Suicide Prevention 24/7 Hotline 209-533-7000 or (800) 630-1130
- Tuolumne County Crisis Intervention Program 105 Hospital Rd. Śonora, CA Walk-in 8 a.m. - 7 p.m. Website: https://www.tuolumnecounty.ca.gov/220/Behavioral-Health
- Survivors of Suicide Loss Bereavement Counseling 209-559-0840 or 209-247-7406 or 209-559-0332
- Center for a Non Violent Community 24/7 Violence Hotline (209) 533-3401 Website: https://nonviolentcommunity.org/

Community Trainings and Coalitions

YES Partnership Coalition

Community-wide coalition dedicated to support Tuolumne County youth and families by preventing suicide, substance use and child abuse. Website: https://www.yespartnership.net/

Tuolumne County Suicide Prevention Collaborative

Open to Tuolumne County service providers, non-profit organizations, and public agencies. The Collaborative meets to foster shared knowledge, strengthen interagency coordination, and to align and support local efforts across the continuum of suicide prevention and interventions. Call Lindsey Lujan: (209) 533-6248

Hope and Honor Walk

Website: https://www.facebook.com/suicidepreventionandawareness4all/

Lantern of Light

Faith-based suicide prevention Website: https://lanternoflight.org/trainings/

safeTALK & ASIST Trainings

Applied Suicide Intervention Skills Training & alertness skills for community members 209-559-0840 and 209-533-1397 X226



ADDITIONAL RESOURCES FOR SUICIDE & CRISIS SUPPORT



800-852-8336 Teen Line

800-843-5200 CA Youth Crisis Line





Text 838255 Veterans Crisis Line

877-565-8860 Trans Lifeline





1-866-488-7386 Trevor Project 1-800-944-4773 Postpartum Support International





1-800-656-HOPE
RAINN National Sexual
Assault Hotline

1-800-950-6264 NAMI Helpline



If you or someone you know is having thoughts of suicide, call the National Suicide Prevention Lifeline. Dial 9-8-8



