



## **A MINUTE OF HEALTH WITH CDC**

### *Alcohol and Risk of Suicide*

*Suicide and Alcohol Among Racial/Ethnic Populations — 17 States, United States, 2005–2006*

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*This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.*

Each year in the U.S., more than 30,000 people die of suicide. During a recent two-year period, alcohol was a factor in approximately four thousand four hundred suicide deaths in 17 U.S. states. The connection between alcohol and suicide was higher among males and present in a *variety* of racial, ethnic, and age groups. Although many factors can lead to suicide, alcohol can increase depression and hopelessness.

If you are having suicidal thoughts, seek help immediately from a trusted healthcare provider or counselor or call the National Suicide Hotline at 1-800-273-TALK.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO, 24/7.