



A MINUTE OF HEALTH WITH CDC

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Toxicology Testing and Results for Suicide Victims – 13 States, 2004

This podcast is presented by the Centers for Disease Control and Prevention.
CDC – safer, healthier people.

In 2004, over thirty two thousand people committed suicide. Suicide affects everyone. Friends and family of the victim often have feelings of anger, guilt, and depression. Drug and alcohol abuse can put a person at risk of committing or attempting suicide. In a recent report, CDC researchers found that many suicide victims had been drinking. Alcohol was found in over one-third of suicide victims who were tested for alcohol and drugs. Opiates – typically heroin or prescription pain killers – were found in one out of every six. Cocaine and marijuana were found in fewer than one in ten suicide victims.

Other risk factors for suicide include a previous suicide attempt, history of depression, feelings of loneliness and hopelessness, and access to a weapon. If you or a friend or family member needs help, call the National Suicide Prevention Lifeline at 1-800-273-TALK.

Be sure to join us next week on A Minute of Health with CDC.

To access the most accurate and relevant health information that affects you, your family, and your community, please visit www.cdc.gov.