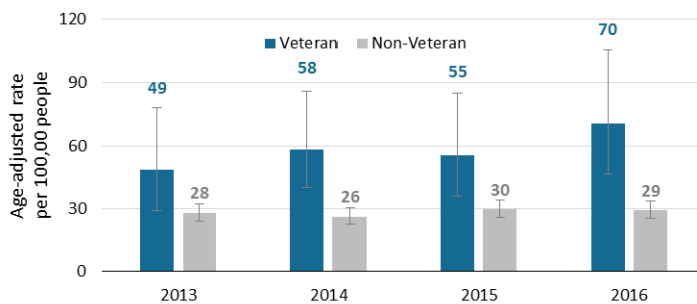


Suicide among all Montanans

- Suicide is the 6th leading cause of death in Montana. From 2013 to 2016 there were a total of 1,025 suicide deaths among Montana residents for an average of 256 suicides each year.¹
- Furthermore, the rate of suicide was twice as high in Montana as the United States. In 2016 the suicide mortality rate in Montana was 23 per 100,000 people compared to 13 per 100,000 in the United States in 2015 (most recent year of available data).¹

Suicide among Montana Veterans, 2013-2016

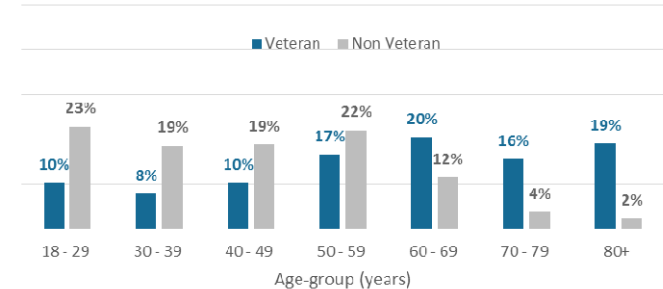
Figure 1. Age-adjusted Suicide Rate by Veteran Status among Montana Residents 18+ Years of Age, 2013-2016



I 95% confidence interval

Data source: Montana Office of Vital Statistics, 2013-2016

Figure 2. Percent of suicide by age-group by veteran status among Montana residents 18+ years of age, 2013-2016



Data source: Montana Office of Vital Statistics, 2013-2016

- Over the last four years (2013-2016) there were a total of 205 suicide deaths among Montana veterans for an average of 51 suicides each year.¹
- Suicide among veterans was higher than non-veterans. From 2013 to 2016, the veteran suicide death rate rose from 49 to 70 per 100,000 people (Figure 1). However, this increase should be interpreted with caution as it was not a statistically significant increase due to small numbers.
- Veteran suicides were higher among older age-groups compared to non-veterans (Figure 2). Nearly all veteran suicides were among males (97%).¹
- Nearly 3 out of 4 veteran suicides (71%) were completed by firearm.¹
- The Suicide Mortality Review Team reviewed veteran suicides that occurred between January 1, 2014 and March 1, 2016 and found:²
 - Most decedents had one or more substances in their system, alcohol was the most common (41%);
 - 53% had chronic pain or other health issues;
 - 57% had known previous suicidal behavior.

Mental wellbeing among Montana Veterans

- 11% of active duty veterans reported frequent mental distress (14 or more days in the past month poor emotional health).³
- 20% of veterans reported ever being diagnosed with depression, anxiety or post-traumatic stress disorder.³
- 54% of veterans reported receiving psychological or psychiatric counseling or treatment.³
- 5% of veterans reported having suicidal thoughts in the past year.³

¹ Montana Office of Vital Statistics, 2013-2016

² 2016 Suicide Mortality Review Team Report

³ Montana Behavioral Risk Factor Surveillance System, 2012-2016