8.6 Million Adults Had Suicidal Thoughts in Past Year

Suicide ideation (i.e., having serious thoughts of suicide) is a public health concern that affects millions of adults and, if not addressed, can result in tragedy for individuals, families, and communities. According to combined data from the 2009 and 2010 National Surveys on Drug Use and Health (NSDUHs), an annual average of 8.6 million adults aged 18 or older (3.8 percent) had serious thoughts of suicide in the past year. Although there is some variation among States in suicide ideation, NSDUH data show that no State is immune from this problem. The percentage of adults with suicide ideation ranged from 3.1 percent in Georgia and Texas to 5.0 percent in Utah (Figure).1

The Substance Abuse and Mental Health Services Administration provides individuals, families, professionals, and organizations with an array of information and resources for those seeking help and/or those implementing suicide prevention programs in their communities (http://www.samhsa.gov/prevention/suicide.aspx).

---

1 The data for this report are based on Table B.25 from the following report: Substance Abuse and Mental Health Services Administration. (2012). State estimates of substance use and mental disorders from the 2009-2010 National Surveys on Drug Use and Health (NSDUH Series H-43, HHS Publication No. SMA 12-4703). Rockville, MD: Author. This report and a variety of supplemental tables provide State-level estimates for a more extensive set of measures and are available at http://www.samhsa.gov/data/NSDUH/2k10State/NSDUHsae2010/index.aspx.