

Fact Sheet: Suicide Prevention

1 in 4 Older Adults

One in four older adults who attempt suicide die compared to 1 out of 200 for younger age groups.

Between 2010 and 2060

Alameda County is home to approx. 270,507 adults who are aged 60 years+. Between 2010 and 2060, that number is projected to triple.

Adults over the age of 65

To date, there are no consensus measures for tracking or reporting older adult suicide statistics for Alameda County.

Mental health disorders and suicidality among older adults are too often overlooked due to stigma, misinformation, and ageism. Older adults often feel shame about having mental illness, or they misunderstand their symptoms, and do not seek treatment. Suicide risk factors are known. Suicide is preventable. Practical steps can take us closer to preventing suicide among older adults in Alameda County.



Practical next steps can take us closer to preventing suicide among older adults in Alameda County. These include:



Build the capability of community-based and in-home services providers to identify at-risk older adults.

Improve statistical tracking of suicide deaths in Alameda County, including differentiation for age groups over 65 years.



Implement routine standard screening for depression and suicidal ideation in all clinical settings.

Establish standards of care for integrated multidisciplinary treatment.



Provide outreach, assessment, and support for high-risk older adults.

Inform the public about suicide warning signs, safe reporting, stigma, and ageism.

