

OHIO SUICIDE PREVENTION FOUNDATION

Suicide Prevention in the Black Community

Suicidal thoughts can affect anyone, but some populations are at greater risk. According to the Ohio Department of Health, from 2022 to 2023, the rate of suicide deaths among Black males remained unchanged, while Black females had a decrease in the rate.¹

Risk & Protective Factors

Across all racial and ethnic groups, the circumstances that increase suicide risk are:

- Prior suicide attempts
- Substance use
- History of mental illness
- Serious illness like chronic pain
- Legal or financial problems²

For Black individuals, these circumstances are often compounded by factors specific to race, including:

- Stigma within the community
- Racism and discrimination
- Racial bias from medical professionals

Because of these factors, Black individuals who report suicidal thoughts or attempts are less likely to seek or receive psychiatric services when compared to white individuals.³

For Black individuals, the best means to support healing and prevent suicide are effective mental health care, social and emotional support from peers, including family, community, and other social and cultural institutions.⁴ When someone feels like they can openly speak about their experience, they are more likely to find resources and support.

Resources

Life is Better with You Here
<https://lifeisbetterwithyouhere.org>.

The Black Mental Health Corporation
<https://blackmentalhealthcorporation.com/>

Black Mental Health Ohio
<https://blackmentalhealthohio.com/>

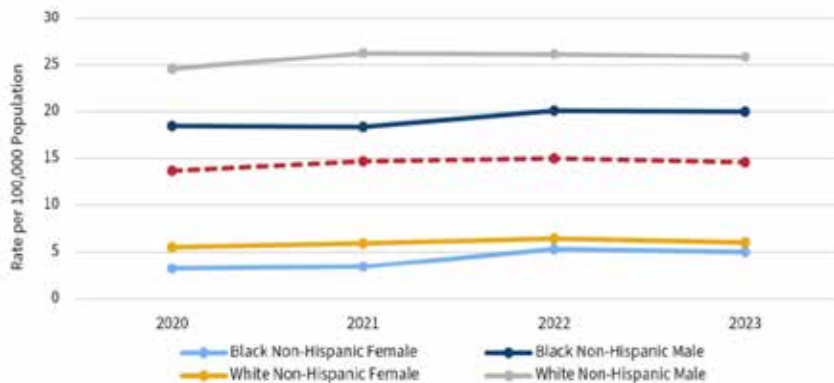
Black Girls Smile
<https://www.blackgirlssmile.org/>

African American Male Wellness Agency
<https://aawellness.org/>

Call BlackLine
1(800) 604-5841
www.callblackline.com

The Steve Fund
<https://stevelfund.org/>

Age-Adjusted Rate of Suicide Deaths by Sex and Race/Ethnicity, Ohio, 2020-2023¹



Community Impact on Suicide Prevention

The Black Youth & Young Adult Suicide Prevention Community of Practice (BYYASP CoP) has been established to create a comprehensive support system aimed at preventing suicide among Black youth through community-based interventions, resource sharing, and collaboration. The YYSASP CoP brings together Ohio-based organizations, practitioners, and stakeholders who share a commitment to reducing suicide rates among Black youth. The mission is to increase access to culturally relevant prevention strategies through the combined expertise of CoP members.

Strategic Objectives:

- **Empower Partners:** Secure sustainable funding and advocate for policies supporting suicide prevention efforts.
- **Increase Access:** Expand access to evidence-based practices and services.
- **Increase Knowledge:** Enhance understanding and skills related to suicide prevention among professionals and community members.
- **Enhance Workforce:** Strengthen workforce development through collaborations and training initiatives.

References

- 1 Ohio Department of Health. 2023 Ohio Suicide Report. <https://odh.ohio.gov/know-our-programs/violence-injury-prevention-program/media/2023-ohio-suicide-report>.
- 2 Centers for Disease Control and Prevention. Risk and Protective Factors for Suicide. <https://www.cdc.gov/suicide/factors/index.html>. Accessed December 30, 2024.
- 3 Suicide Prevention and Resource Center. Risk and Protective Factors: Black Populations. <https://sprc.org/online-library/risk-and-protective-factors-black-populations/>. Accessed December 30, 2024.
- 4 Lincoln KD, Taylor RJ, Chatters LM, Joe S. Suicide, negative interaction and emotional support among black Americans. *Soc Psychiatry Psychiatr Epidemiol.* 2012;47(12):1947-1958. doi:10.1007/s00127-012-0512-y. Available at: <https://pubmed.ncbi.nlm.nih.gov/22534818/>.

ABOUT

OHIO SUICIDE PREVENTION FOUNDATION

Ohio Suicide Prevention Foundation (OSPF) educates, advocates for, and builds connections and support for individuals, families, and communities to prevent suicide.



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