Suicide in Wisconsin among Rural Men (25 years and older)

This factsheet describes a population with the highest suicide rate.

In 2021, there were 188 suicide deaths among rural men ages 25 and older (34 out of 100,000).

Two-thirds of rural men used firearms as their method of suicide.

One in four had military experience.

Health History

- 44% had a current mental health problem.
- 37% had history of suicidal thoughts or plans.
- 35% had a history of alcohol or drug misuse.
- 25% disclosed suicide plans within last month.
- 17% had history of suicide attempt.

Life Experiences that Contributed to Suicide

- 1 out of 3 had a physical health problem.
- 1 out of 4 had a financial or job problem.
- 1 out of 3 had an issue with an intimate partner.

Strategies to Interrupt or Prevent Suicide

- Create safer environments by promoting secure storage of firearms
- Reduce the stigma of asking for help by promoting peer support programs
- Increase access to care by expanding tele-mental health services

1. 2021; Wisconsin death certificates
2. 2018-2019; Wisconsin Violent Death Reporting System

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