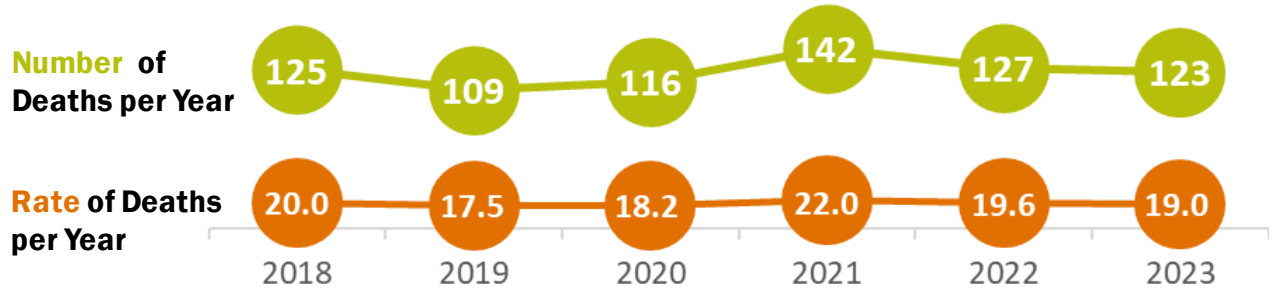


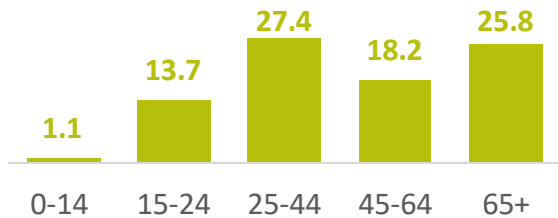
If you or someone you know is thinking about suicide, call or text 988 or go to [FacingSuicideVT.com](https://FacingSuicideVT.com).

**123 Vermonters died by suicide in 2023. That's 19 out of every 100,000 people. The suicide rate has not significantly changed in recent years.**



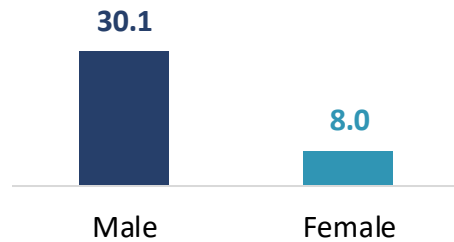
## Age

Vermonters 25-44 and 65 and older have the highest suicide death rates.\*



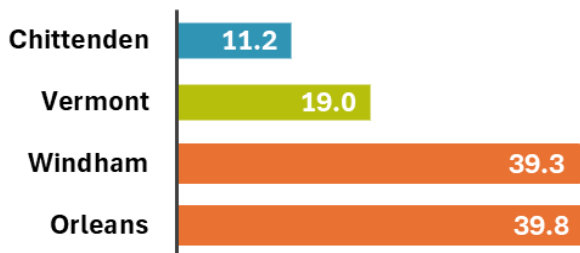
## Biological Sex

Males are 4x more likely to die by suicide than females.\*



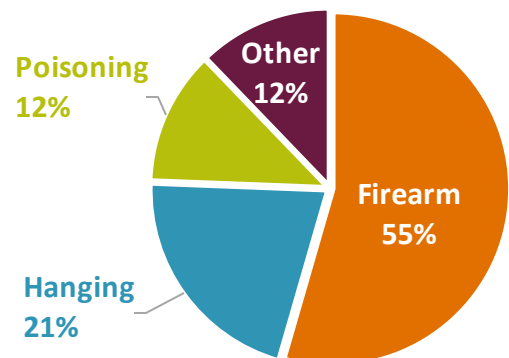
## County

Compared to the state rate, Orleans and Windham Counties have higher suicide death rates. Chittenden County has the lowest.\*



## Method

Firearms are involved in 55% of suicide deaths.



Notes: Rates were calculated using 2022 population estimates and expressed as suicide deaths per 100,000 VT residents. \*Indicates statistical significance. Suicide death rates among 25-44 and 65+ are statistically higher than 0-24. Source: Vermont Vital Statistics, 2023 preliminary | A full 2023 report will be available later in 2024.