

Suicide rate reaches historic high

Written by Holyoke Enterprise

More Coloradans died by suicide in 2012 than ever before. The state's suicide death toll has been climbing for the past decade, giving Colorado one of the highest suicide rates in the nation. In 2012, 1,053 Coloradans completed suicide, representing a rate of 19.7 per 100,000 people. That's the highest number in Colorado history and a 15.8 percent increase from 2011.

"Far too many Coloradans struggle with thoughts of suicide, and far too many die when they are unable to manage debilitating mental, emotional or physical pain," said Jarrod Hindman, manager of the Office of Suicide Prevention at the Colorado Department of Public Health and Environment.

"But suicide can be prevented. There are resources available for individuals and families in crisis, and many who struggle with suicidal thoughts go on to lead hopeful, happy and productive lives," Hindman said.

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