



Women's Suicide Rates Are Increasing Faster Than Men's. We Asked Experts Why

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[Health](#) [1]

National data suggest that the suicide rate is rising faster among women than men. A recent report from the National Center for Health Statistics found that between 2000 and 2016, suicide rates increased by 50 percent among females and 21 percent among males. While suicide rates are still higher among men, accelerated increases in rates among women have narrowed the ratio of male-to-female suicide rates, according to the report's authors. The factors associated with this trend are unclear. Colleen Carr, director of the National Action Alliance for Suicide Prevention, recommended opening up a conversation with anyone who is struggling—female or male. Carr also emphasized the importance of sharing the stories of those who have recovered after a suicidal crisis. "One thing we can all do is . . . highlight women who have struggled and gone on to recovery, similar to how we talk about, for example, a breast cancer survivor. Hope and help are not only possible, but are happening every day."

Spark Extra! Read the [full report](#) [2].

Links within this resource

[1] <http://www.health.com/condition/depression/women-suicide-rates>

[2] <https://www.cdc.gov/nchs/products/databriefs/db309.htm>

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