**Massachusetts Military & Veteran Suicides 2020**

This publication contains information on current or former military personnel who died by suicide in Massachusetts in 2020.

* 68 current or former military personnel died by suicide in Massachusetts in 2020.
* 1 in 9 of all Massachusetts suicide deaths in 2020 were current or former military personnel.
* Common circumstances surrounding current or former military personnel who died by suicide:
  + 65% had a known current mental health condition.
  + 32% had a known alcohol and/or substance use problem.
  + 25% had a known physical health problem.
  + 21% had a known intimate partner problem.
  + 10% had a known job and/or financial problem.
* 47% of military suicide deaths involved a firearm. That’s over 2 times higher than the proportion of all suicide deaths in 2020 in Massachusetts that involved firearms.
* There were three major methods of suicide among current or former military personnel: firearms, hanging/suffocation, and poisoning. The proportion of suicides by each of these methods are as follows:
  + Firearms: 47%
  + Hanging/Suffocation: 31%
  + Poisoning: 7%
  + All other methods: 15%
* Of note, 57% who were 75 years of age or older died by firearm.
* 90% were white, non-Hispanic males.
* 97% were tested for alcohol, antidepressants, and opioids. Of those tested:
  + 36% tested positive for alcohol.
  + 35% tested positive for antidepressants.
  + 17% tested positive for opioids.
* To reach out for help, call the Statewide Advocacy for Veterans’ Empowerment (SAVE):
  + (617) 210-5743
  + Toll-free: (888) 844-2838
* Or call the Veterans Crisis Line for 24-hour help:
  + Dial 988 and press 1 for Veterans
  + Or text 838255
  + Online chat at veteranscrisisline.net
  + TTY: (800) 799-4TTY (4880)

**Data Source**: Massachusetts Violent Death Reporting System (MAVDRS), Massachusetts Department of Public Health (DPH). All suicide data were ascertained using guidelines recommended by the Centers for Disease Control and Prevention (CDC) and are based upon the International Classification of Disease codes (ICD-10) for mortality.