**Suicides Among Men of Working Age (Ages 25-64) in Massachusetts, 2020**

This publication contains information on 2020 suicide deaths in Massachusetts among men who are of working age, which was defined as those between the ages of 25 and 64.

* In 2020, there were 327 suicides among men of working age in Massachusetts
* Over half of all suicides in Massachusetts in 2020 were among men of working age
* The suicide rate for men of working age in 2020 was 17.7 per 100,000. That rate is two times higher than the overall state rate
* Despite these higher rates, men of working age saw an 8% decline in suicide rates from 2019, compared to a 5% decline statewide during the same time.
* When looking at the mechanism of injury among men of working age:
  + 1 in 2 suicides involved hanging or suffocation
  + 1 in 4 suicides involved firearms
  + Nationally, 1 in 2 suicides among men of working age involved a firearm, meaning firearm suicides are twice as prevalent across the country than they are in Massachusetts
* Nearly 9 in 10 suicides among working age men were White, non-Hispanics
* When looking at the data by occupation:
  + 1 in 5 were experiencing a job and/or financial problem
  + 1 in 10 were current or former military personnel
  + 1 in 4 worked in the construction or manufacturing industry sectors
  + 1 in 8 worked in the construction and extraction occupation group
* 44% of men of working age who died by suicide had a known alcohol or substance use issue, a rate nearly 1.5 times higher than all suicide decedents. Stigma among men seeking help with health issues may be a contributing factor to this figure.
* Some common circumstances surrounding suicides among men of working age include the following:
  + 68% had a known mental health problem
  + 31% had a known history of suicidal thoughts or plans
  + 25% had a known intimate partner problem
  + 18% had a known history of past suicide attempts
  + 12% had a known physical health problem
* Help is available 24/7. You can contact the Suicide and Crisis Lifeline anytime by calling 988. Press 2 for Spanish. The Lifeline also offers an interpretation into over 240 languages and dialects.
* You can also text 988. Please note that texting is currently only available in English.
* You can also chat by going to [www.988lifeline.org](http://www.988lifeline.org). Please note that this feature is also currently only available in English.
* Additional resources for men are also available at [mass.gov/massmen](https://www.mass.gov/massmen).
* Data Sources: Massachusetts Violent Death Reporting System (MAVDRS), Massachusetts Department of Public Health (DPH); CDC WISQARS