

OHIO SUICIDE PREVENTION FOUNDATION

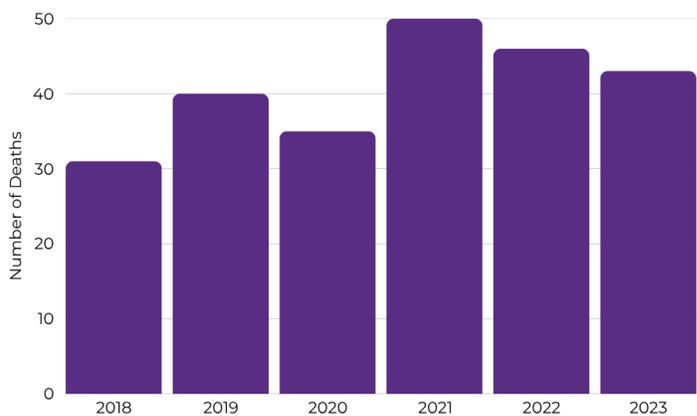
# Suicide Prevention in the Hispanic Community

Ohio's Hispanic community comprises more than half a million people, and the population has quadrupled since 1980.<sup>1</sup> Suicide is a growing concern among this population as they are disproportionately affected by economic, social, and health concerns.<sup>2</sup>

## A Closer Look

According to the Ohio Department of Health, there were 43 suicide deaths among Hispanic Ohioans in 2023, representing a 6% decrease from 2022.<sup>3</sup> In addition, males experienced higher rates of mortality compared to females. There was also a reduction in the number of Hispanic youths aged 10 to 24 who died by suicide in Ohio, with the numbers dropping from 21 in 2022 to 11 in 2023.

Number of Suicide Deaths in Ohio's Hispanic Community 2018-2023



Data Provided by the Ohio Department of Health

## Growing Concerns

Living in a prolonged state of fear and being separated from the home and culture one has always known can have a profound impact on an individual's mental health and well-being. Because so many Hispanic-Americans experience this, mental health and suicide have become growing concerns for the community.

### Resources

- Ohio Hispanic Coalition [ohiohispaniccoalition.org](http://ohiohispaniccoalition.org)
- Teleyuda Ohio [teleyudaohio.com](http://teleyudaohio.com)
- Apoyo Latino [cincinnatiatlatino.org](http://cincinnatiatlatino.org)
- Catholic Charities of Southwestern Ohio [ccswoh.org](http://ccswoh.org)
- Live Another Day [liveanotherday.org/bipoc/latinx](http://liveanotherday.org/bipoc/latinx)
- Casa de Paz Cincinnati [casadepazcinci.org](http://casadepazcinci.org)
- Santa Maria Community Services (Cincinnati) [santamaria-cincy.org](http://santamaria-cincy.org)
- Ohio Latino Affairs Commission [ochla.ohio.gov/latino-community/resources](http://ochla.ohio.gov/latino-community/resources)
- Urban Minority Outreach [mha.ohio.gov/get-help/prevention-services/urban-minority-outreach](http://mha.ohio.gov/get-help/prevention-services/urban-minority-outreach)
- The Healing Center (Cincinnati) [healingcentercincinnati.org](http://healingcentercincinnati.org)

## Risk Factors

According to the American Psychiatric Association:

*Although Hispanics are the largest ethnic minority group living in the United States, anti-Hispanic discrimination is still prevalent and on the rise, especially with the controversies surrounding undocumented immigrants from Latino countries. Stereotyping of Hispanics in the current sociopolitical climate continues to affect Hispanics negatively. Discrimination is a contributing factor in social inequality and health disparities and is associated with adverse mental health outcomes in Hispanics. Discriminatory experiences for Hispanics are specifically associated with an increase in emotional stress, social isolation, and symptoms of depression and anxiety. Additionally, research suggests that everyday discrimination increases the probability of Hispanics reporting suicidal thoughts and behaviors.*<sup>4</sup>

In addition to racial discrimination, other risk factors specific to the Hispanic-American community include:

- Life experiences
- Migration
- Cultural estrangement
- Drug & alcohol usage
- Fear of deportation<sup>5</sup>

## Lowering the Risk

In Hispanic cultures, commitment to family, and having healthy and strong bonds is crucial. It has been reported that Hispanic youth who have supportive relationships with their parents are less likely to attempt suicide.<sup>6</sup> Hispanic female youth also benefit from positive relationships with In addition, ethnic identity is positively associated with self-esteem among Hispanic adolescents, and has been shown to moderate the relationship between perceived discrimination and depression.<sup>6</sup>

Hispanic individuals can leverage many cultural characteristics that define the countries of the Latin American region to head off mental health disorders before they devolve into depression or suicidality.<sup>2</sup>

To ensure that Ohio's Hispanic-American community has adequate support, we must also ensure that barriers to mental health care such as insurance coverage are addressed. Interpretation services for Spanish-speaking individuals is also crucial in making sure a person is able to seek help.

## References

- 1 Ohio Dept. of Development. Ohio Hispanic Americans: Snapshot from 2023 American Community Survey. <https://dam.assests.ohio.gov>. Accessed June 30, 2025.
- 2 American Psychiatric Association. Suicide and Self-Harm: Cultural Connections May Help Protect Hispanic/Latino Youth. 2022. <https://psychiatry.org/newsroom/apa-blogs/suicide-and-self-harm-hispanic-youth>. Accessed June 30, 2025.
- 3 Ohio Dept. of Health. 2023 Ohio Suicide Report. <https://odh.ohio.gov/>. Accessed June 30, 2025.
- 4 American Psychiatric Association. Stress & Trauma Toolkit for Treating Hispanics in a Changing Political and Social Environment. <https://psychiatry.org/psychiatrists/diversity/education/stress-and-trauma>. Accessed June 30, 2025.
- 5 National Library of Medicine. Risk and protective factors for three mental health problems among Latino American men nationwide. <https://pubmed.ncbi.nlm.nih.gov/24707037/>. Accessed June 30, 2025.
- 6 Suicide Prevention Resource Center. Risk and Protective Factors: Hispanic Population. <https://sprc.org/resources>. Accessed June 30, 2025.

### ABOUT

#### OHIO SUICIDE PREVENTION FOUNDATION

Ohio Suicide Prevention Foundation (OSPF) educates, advocates for, and builds connections and support for individuals, families, and communities to prevent suicide.



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