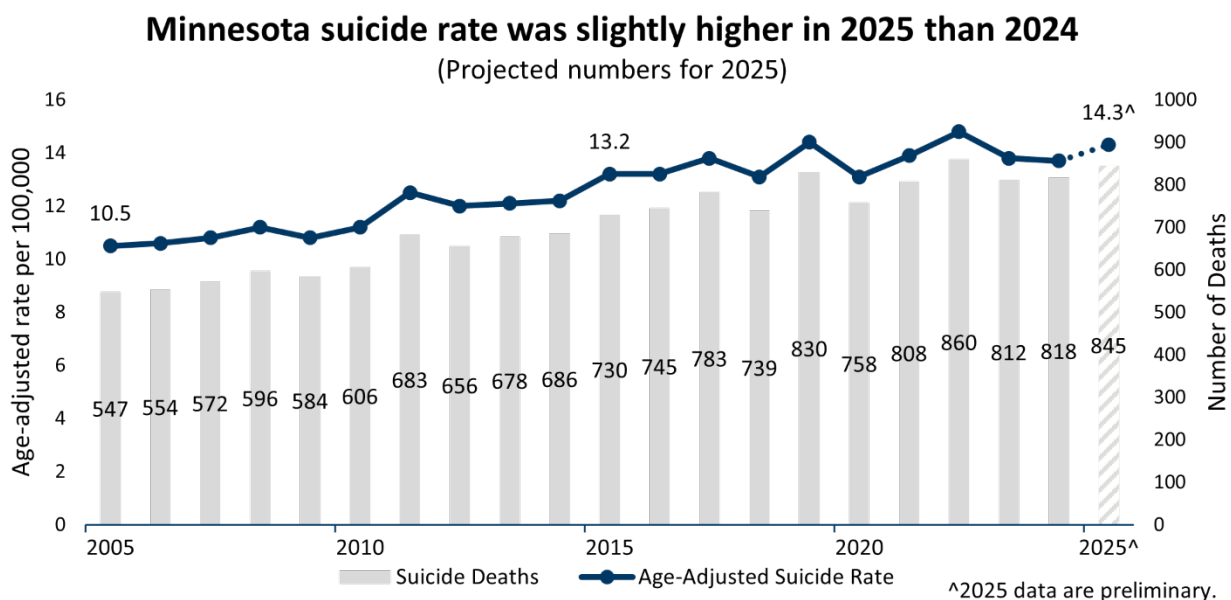


Data Brief: Suicide Rate up 4% in 2025

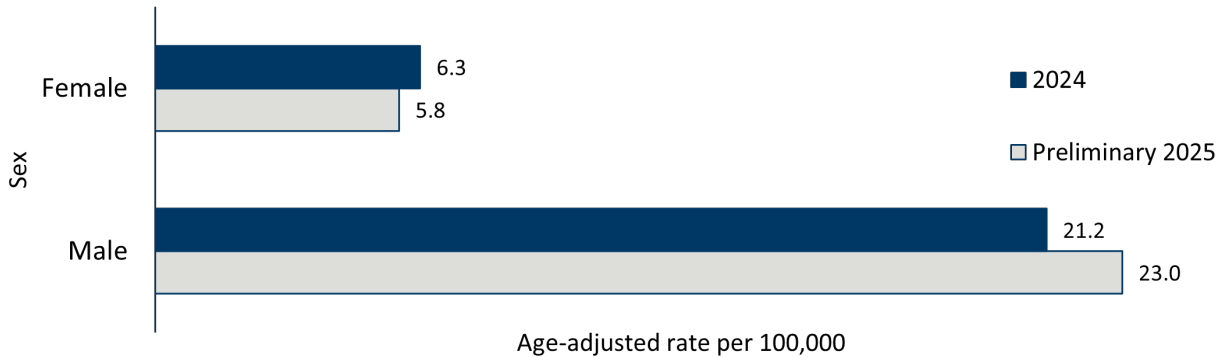
INCREASES SEEN IN MALES AND MULTIPLE AGE GROUPS

Preliminary data from 2025 indicate more than 800 Minnesotans are estimated to have died by suicide in each of the last five years. However, rates have been lower for three years after peaking in 2022. Projected totals, based on death certificates filed in Minnesota for the state’s residents, estimate the age-adjusted suicide rate in 2025 was 14.3 per 100,000 people. All 2025 numbers in this report are preliminary and are subject to change when finalized.



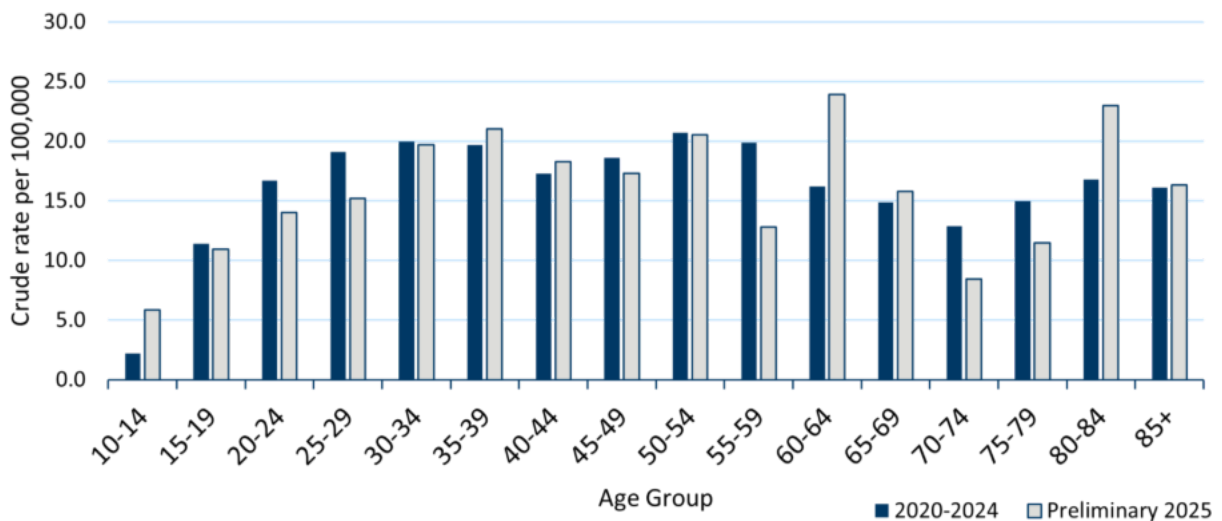
As has been the case for several decades, more males died by suicide in 2025 than females. The male suicide rate was 23.0 per 100,000, almost four times higher than the rate for females, 5.8 per 100,000. Rates for other sexes or gender identities are not available because this information is not collected on death certificates.

Males had consistently higher rates of suicide in 2024 and 2025



Compared to the previous five years, there was not a notable shift in the age distribution of suicide deaths. Rates for ages 15-29 likely decreased, consistent with new research related to the 988 Lifeline¹. However, the rate for young teens aged 10-14 years likely increased and among older adults, some age groups experienced increases and other experienced decreases.

Suicide rate changes occurred in a variety of age groups



In the table below, suicide deaths in 2025 are categorized based on race and ethnicity. The categories are not mutually exclusive, meaning one person may be represented in multiple rows in the table. Each row includes anyone who was identified on their death certificate as being of that racial group, either alone or in combination with another racial group. People who were identified as belonging to more than one group are counted in each group of which they were a part. As such, these rates and counts are not directly comparable to one another but

¹ Patel VR, Liu M, Jena AB. Suicide Mortality Among Adolescents and Young Adults After Launch of a Suicide and Crisis Lifeline. *JAMA*. Published online April 22, 2026. doi:10.1001/jama.2026.5157

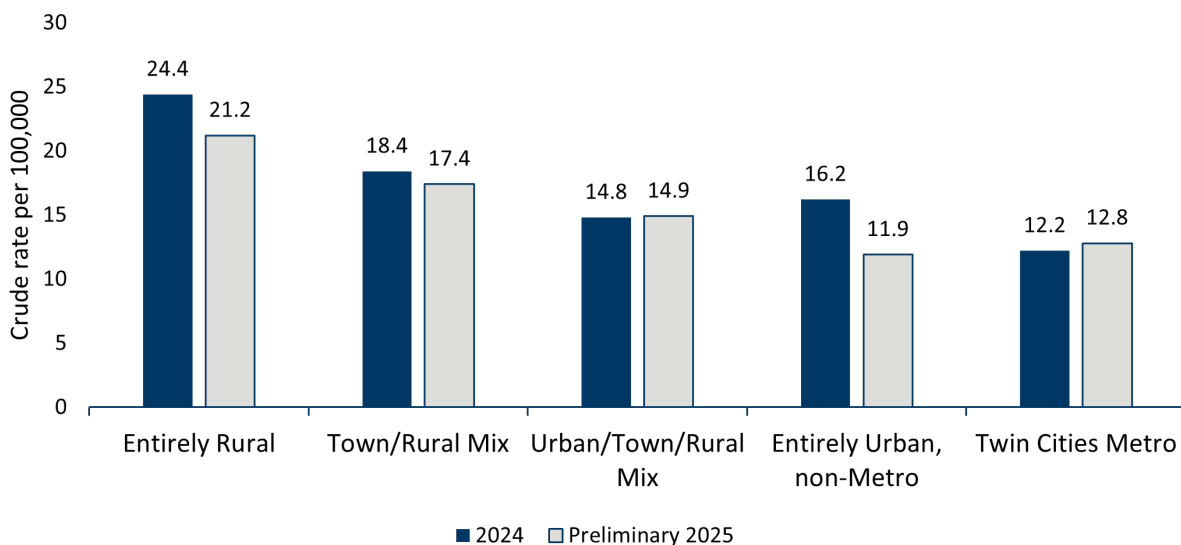
offer a more complete view of the number of deaths that may affect a given community and offer insight into the burden of suicide in each group.

Race or Ethnicity*	Number of Deaths in Minnesota in 2025 (preliminary data)	Estimated Crude Rate per 100,000 (preliminary data)
American Indian alone or in combination	32	23.6
Asian alone or in combination	28	7.7
Black alone or in combination	59	11.3
White alone or in combination	700	14.6
Hispanic (any race)	32	8.2

*Categories are not mutually exclusive.

Counties made up entirely of rural census tracts had the highest suicide rates in 2025, continuing a pattern from previous years. In fact, there is a consistent, direct relationship between rurality and suicide rates: areas that are more rural have higher suicide rates, on average, while areas that are more urban have lower suicide rates, on average.

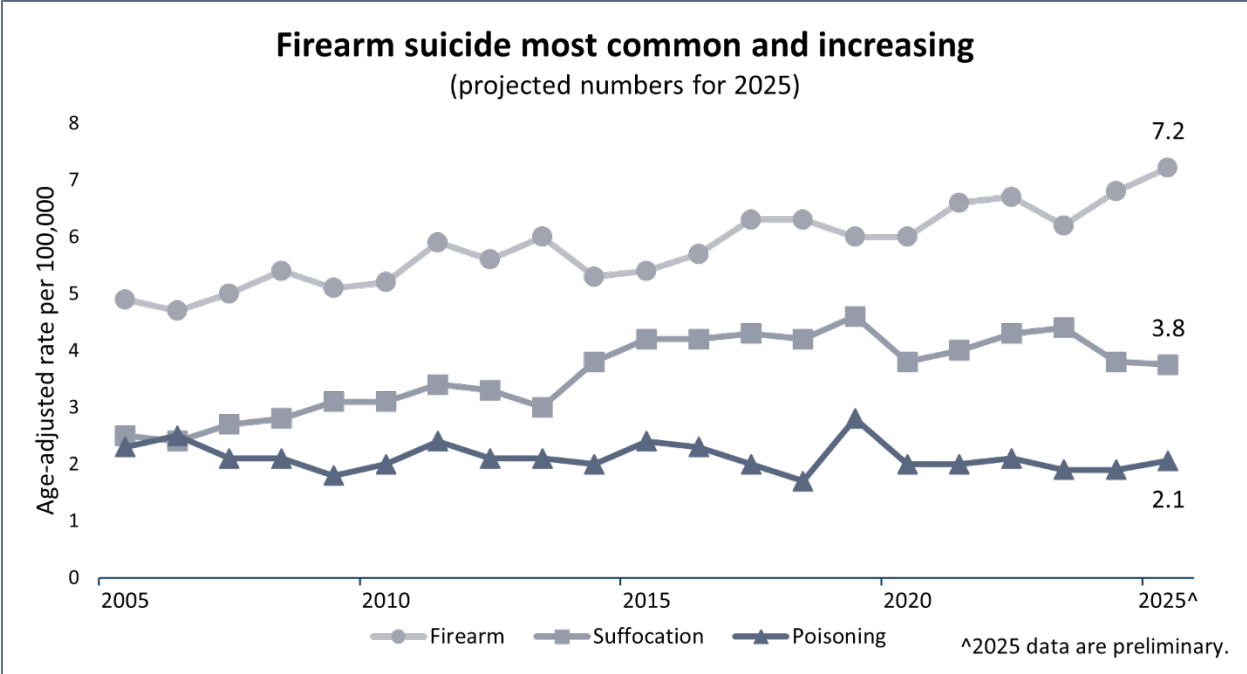
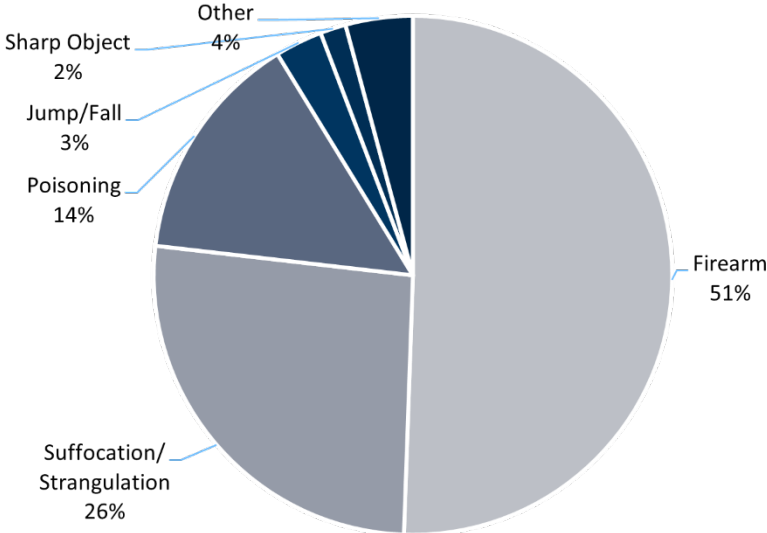
Rural** areas had higher suicide rates than urban areas in 2025



**Urbanization based on Minnesota State Demographic Center: https://mn.gov/admin/assets/greater-mn-refined-and-revisited-msdc-jan2017_tcm36-273216.pdf

Firearm injuries were the leading mechanism of suicide deaths in 2025 and have been in Minnesota for at least 20 years, during which time rates have steadily increased. Altogether, firearms, suffocation, and poisoning were the injury mechanism in 91% of suicide deaths in 2025, the same as 2024.

Firearm injuries were the leading mechanism of suicide deaths in 2025



If you need immediate emotional or mental health support, or are worried about someone else, please call or text 988 or visit 988Lifeline.org to chat online with a 988 specialist.

Minnesota Department of Health
Division of Injury Prevention and Mental Health
625 Robert Street
St. Paul, MN 55115
health.suicide.prev@state.mn.us
www.health.state.mn.us/communities/suicide

05/26/26