

It's often believed that loneliness and family conflict contribute to an increase in suicide during the winter holiday season. The shorter days and reduced sunlight at this time of year can also affect mood, and news stories around the holidays often reinforce this perception.

BETWEEN 2018 AND 2024, WHICH MONTHS HAD THE HIGHEST NUMBER OF SUICIDE DEATHS?

A: **WINTER** (December – February)

B: **SPRING** (March – May)

C: **SUMMER** (June – August)

D: **FALL** (September – November)

"The highest suicide rates were in the summer, with August, July, and June ranking first, second, and third, respectively. During this period, the number of deaths was 8% higher compared to the lowest period, the winter months of December through January. Interestingly, in Australia, where the seasons are reversed, this trend is flipped, with the highest rates during their summer months."

BETWEEN 2018 AND 2024, WHICH MONTHS HAD THE HIGHEST NUMBER OF SUICIDE DEATHS?

A: **WINTER** (December – February) **LOWEST**

B: **SPRING** (March – May)

C: **SUMMER** (June – August) **HIGHEST**

D: **FALL** (September – November)



Provisional and Final Fatal Injury Data by Month, United States

Select Injury Type

Suicide

