

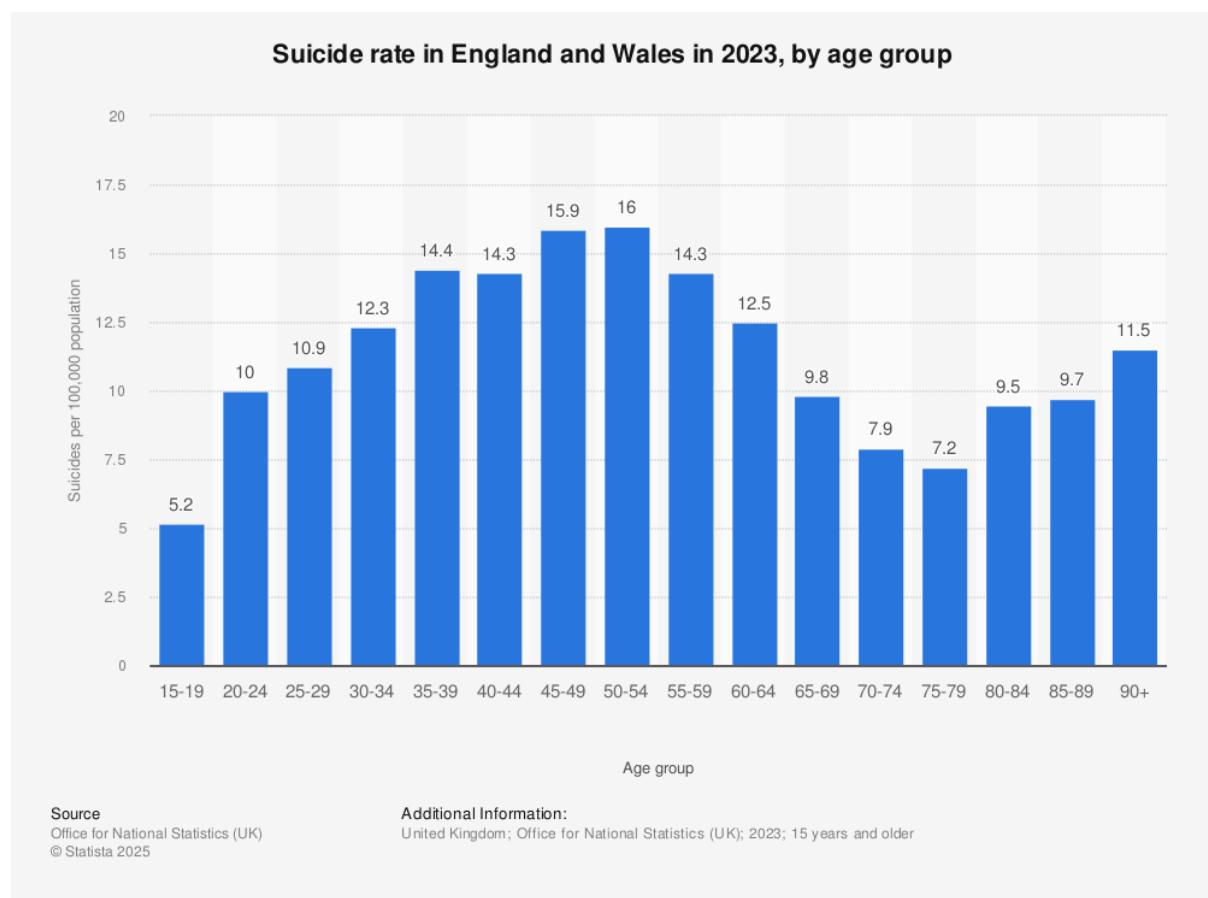
A NOTE ON A CONTINUING SOCIETAL PROBLEM: SUICIDE AND THE MIDLIFE CRISIS IN RICH NATIONS

January 2026

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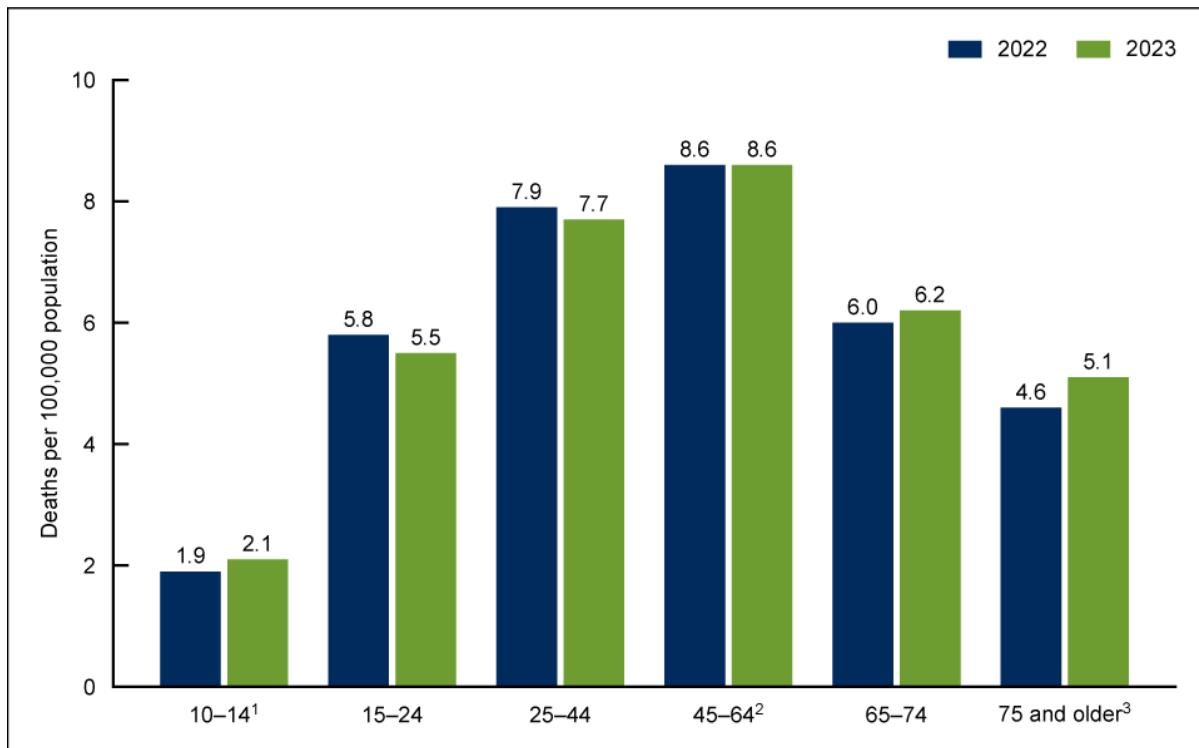
Those interested in the midlife crisis might wish to know about these recent graphs from the official statistical agencies in the USA, Britain, and Australia. As I see it, the scientific puzzle is not why suicide spikes up somewhat near the end of life (especially among American males, who have access to guns) when ill-health and bereavement typically strike, but rather why so many people kill themselves when in the prime of their lives while living in the richest nations that have ever existed. These graphs are the most recent data releases known to me.

Britain



USA FEMALES

Figure 2. Suicide rate for females, by age group: United States, 2022 and 2023



¹Rate is significantly lower than all other age groups in 2022 and 2023 ($p < 0.05$).

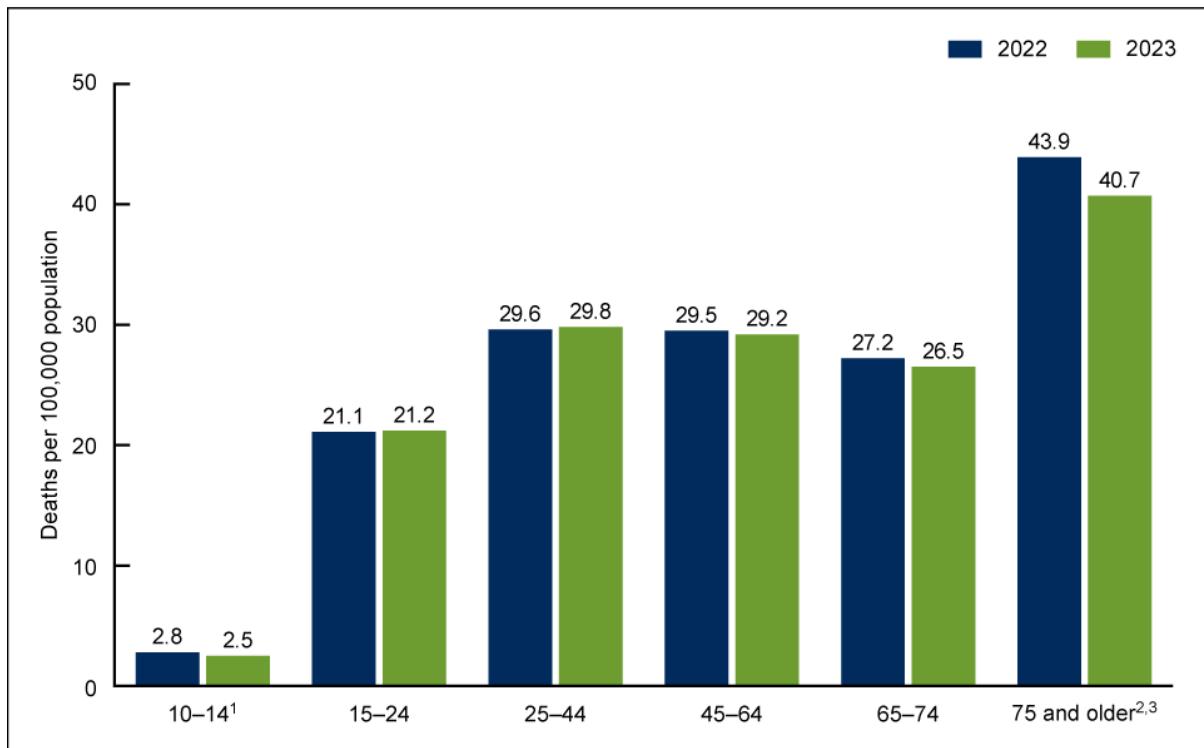
²Rate is significantly higher than all other age groups in 2022 and 2023 ($p < 0.05$).

³Significant rate increase from 2022 to 2023 ($p < 0.05$).

NOTE: Suicide deaths are identified using *International Classification of Diseases, 10th Revision* underlying cause-of-death codes U03, X60–X84, and Y87.0.
SOURCE: National Center for Health Statistics, National Vital Statistics System, mortality data file.

USA MALES

Figure 3. Suicide rate for males, by age group: United States, 2022 and 2023



¹Rate is significantly lower than all other age groups in 2022 and 2023 ($p < 0.05$).

²Rate is significantly higher than all other age groups in 2022 and 2023 ($p < 0.05$).

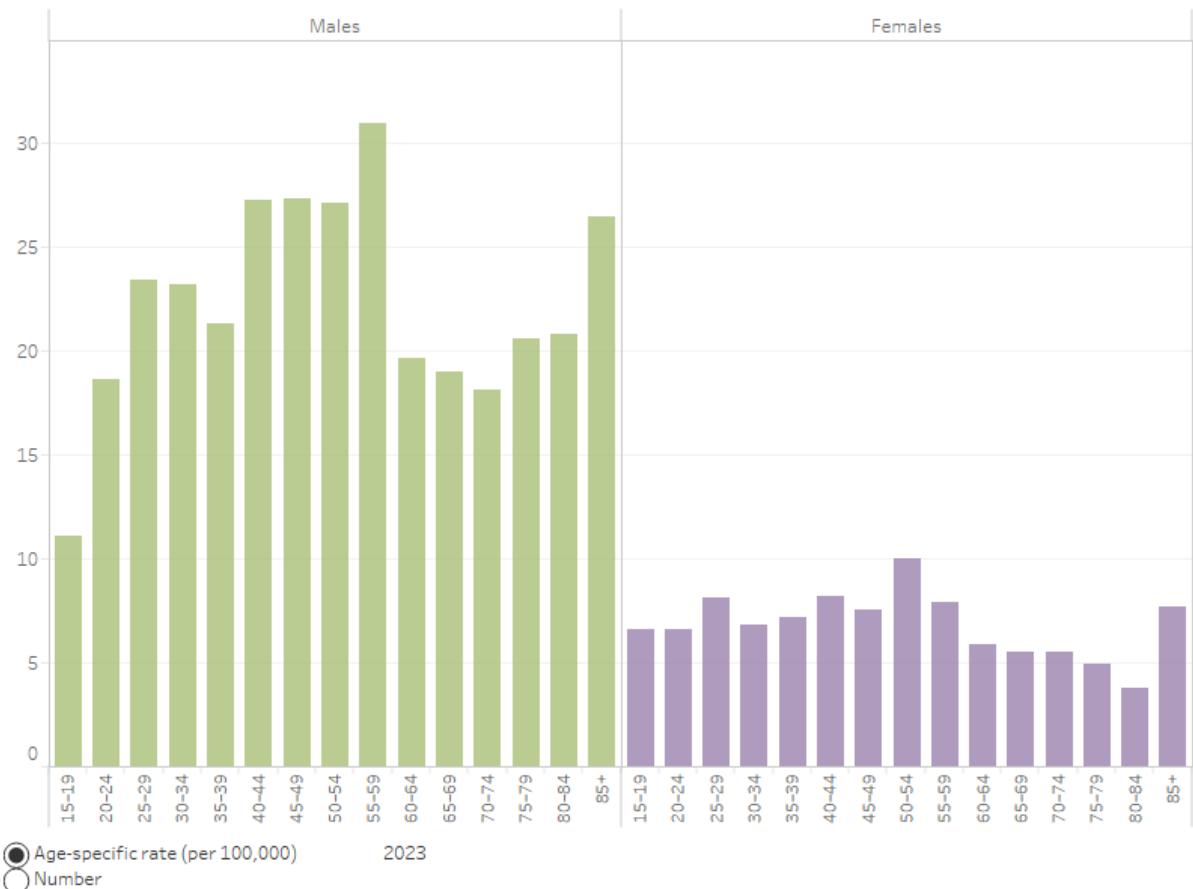
³Significant rate decrease from 2022 to 2023 ($p < 0.05$).

NOTE: Suicide deaths are identified using *International Classification of Diseases, 10th Revision* underlying cause-of-death codes U03, X60–X84, and Y87.0.
SOURCE: National Center for Health Statistics, National Vital Statistics System, mortality data file.

AUSTRALIA

Suicide deaths by age and sex, Australia, 2023

Age-specific rate (per 100,000)



Note: Age-specific rates may refer to a small number of deaths.

Source: ABS Causes of Death, Australia 2024

Supplementary Table: NMD S2

Latest data: 2023 (annual release)

[See notes ►](#)