

SUICIDE in Canada

CURRENT CONTEXT

An average of
10
PEOPLE
die by suicide
EACH DAY
in Canada

4000 DEATHS BY SUICIDE / YEAR
of the approx
+90%
were living with
a mental health
problem or illness



ACROSS THE LIFE SPAN

CHILDREN AND YOUTH
(10 to 19 years)

- Suicide 2nd leading cause of death
- Males account for 41% of 10-14 year old suicides, increasing to 70% of 15-19 year olds
- Self-harm hospitalizations 72% females

YOUNG ADULTS
(20 to 29 years)

- Suicide 2nd leading cause of death
- Males account for 75% of suicides
- Self-harm hospitalizations 58% females

ADULTS
(30 to 44 years)

- Suicide 3rd leading cause of death
- Males account for 75% of suicides
- Self-harm hospitalizations 56% females

ADULTS
(45 to 64 years)

- Suicide 7th leading cause of death
- Males account for 73% of suicides
- Highest suicide rate across lifespan observed among males 45 to 59 years
- Self-harm hospitalizations 56% females

SENIORS
(65+ years)

- Suicide 12th leading cause of death
- Males account for 80% of suicides
- Males aged 85+ experience the highest rate of suicides among seniors
- Self-harm hospitalizations 52% females

FOR EVERY SUICIDE DEATH **1** } THERE ARE: **5** SELF-INFLICTED INJURY HOSPITALIZATIONS

25-30 ATTEMPTS

7-10 PEOPLE PROFOUNDLY AFFECTED BY SUICIDE LOSS

Public Health Agency of Canada analysis of Statistics Canada Vital Statistics Death Database and Canadian Institute for Health Information Hospital Morbidity Database. Published data underestimate the total number of deaths by suicide, due, in part, to the stigma of suicide and other factors that may lead family members, health professionals, coroners, and others to avoid labeling or reporting deaths as suicides.

THERE IS HOPE

Suicide can be prevented. Help is out there. You are not alone.

IF YOU ARE IN CRISIS

- Contact a call centre in Canada near you:
www.suicideprevention.ca/thinking-about-suicide/find-a-crisis-centre/

- Call Kids Help Phone 1-800-668-6868
- Find someone you trust and let them know



Public Health Agency of Canada

Agence de la santé publique du Canada

Canada