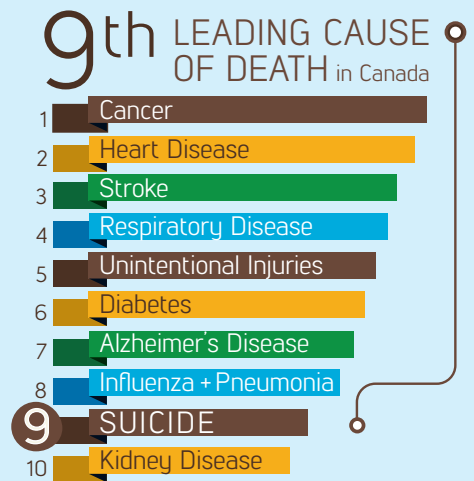


# SUICIDE in Canada

## CURRENT CONTEXT



## ACROSS THE LIFE SPAN

### CHILDREN AND YOUTH (10 to 19 years)

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

### ADULTS (30 to 44 years)

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

### ADULTS (45 to 64 years)

- Suicide 7<sup>th</sup> 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 12<sup>th</sup> 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/](http://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

