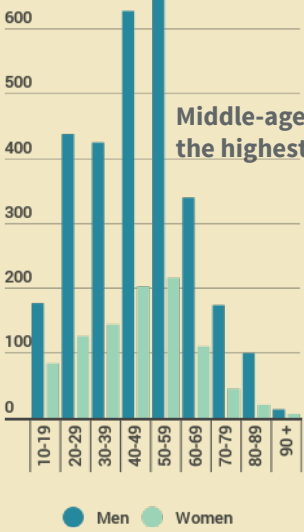


MEN AND SUICIDE

MEN DIE BY SUICIDE MORE THAN ANY OTHER GROUP.

Suicides by sex and age
Canada, 2012



Suicides by sex
Canada, 2012



Men die by suicide 3 times more often than women.

WHY ARE WE LOSING SO MANY MEN TO SUICIDE?

MEN ARE EXPECTED TO BE:



TOUGH



FINANCIALLY
STABLE



STOIC



THEREFORE,
MEN ARE LESS LIKELY TO SEEK HELP
BEFORE REACHING SUICIDAL CRISIS.

MEN CAN BE AT RISK OF SUICIDE IF THEY:



ABUSE DRUGS
OR ALCOHOL



ARE SOCIALLY
ISOLATED



HAVE A TRAUMA
EXPERIENCE



HAVE A
MENTAL ILLNESS



SUICIDE WARNING SIGNS



MENTALLY HEALTHY MEN:



ARE CLOSE WITH
FAMILY & FRIENDS



HAVE STABLE
HOME LIVES



ARE FULFILLED
AT WORK



DEAL WITH STRESS
IN POSITIVE WAYS

MEN'S SUICIDE RATE CAN BE LOWERED!



DON'T BE AFRAID TO
SEEK HELP AND
OFFER HELP



IF YOU THINK SOMEONE YOU KNOW IS THINKING OF SUICIDE, ASK THEM DIRECTLY AND CONNECT THEM TO YOUR LOCAL CRISIS LINE.



WWW.SUICIDEINFO.CA

Check out our Men and Suicide Resource Toolkit for references and for more information. Icons are courtesy of the Noun Project, visit our website for the full attribution list.