

THE FACTS ABOUT SUICIDE

CANADIAN CONTEXT

AN AVERAGE OF



PEOPLE DIE BY SUICIDE EACH DAY IN CANADA

SUICIDE IS THE
SECOND

LEADING CAUSE OF DEATH AMONG
CANADIANS UNDER 25 YEARS-OLD

WINDSOR-ESSEX COUNTY

SELF-HARM IS THE

3RD MOST

BURDENSOME TYPE OF INJURY

EMERGENCY DEPARTMENT VISITS

2010-2015

143%

INCREASE IN THE RATE
OF EMERGENCY
DEPARTMENT VISITS
FOR INTENTIONAL
SELF-HARM AMONG
YOUTH

MORTALITY

45-64

YEAR OLDS HAD
THE GREATEST
RATE OF DEATHS
BY SUICIDE

3 IN 4

DEATHS BY SUICIDE
ARE MALES

RATE OF
DEATHS
BY SUICIDE
WAS **5.9 TIMES
GREATER**

AMONG OLDER ADULTS THAN OTHER AGE GROUPS

THE FACTS ABOUT SUICIDE

SUICIDE IS OFTEN
PREVENTABLE

8/10

PEOPLE WHO DIE
BY SUICIDE GIVE
SOME INDICATION
OF THEIR
INTENTIONS.

IT IS IMPORTANT TO UNDERSTAND THE FACTORS
THAT MAY INCREASE THE RISK OF SUICIDE AND
TO RECOGNIZE THE WARNING SIGNS.

WARNING SIGNS

- Talking about wanting to die
- Risk taking behaviour
- Talking about feeling hopeless, trapped, or a burden to others
- Increasing use of alcohol or drugs
- Lack of self care
- Easily agitated and anxious
- Sleeping too much, or too little
- Withdrawing from others
- Changes in mood
- Giving away prized possessions
- Showing a loss of interest in hobbies

RISK FACTORS

HEALTH FACTORS

- MENTAL HEALTH CONDITIONS
- SUBSTANCE ABUSE
- SERIOUS OR CHRONIC HEALTH CONDITIONS

ENVIRONMENTAL FACTORS

- STRESSFUL LIFE EVENTS
- HARASSMENT OR BULLYING
- ACCESS TO LETHAL MEANS
- EXPOSURE TO ANOTHER PERSON'S SUICIDE

HISTORICAL FACTORS

- PREVIOUS SUICIDE ATTEMPTS
- FAMILY HISTORY OF SUICIDE

FOR MORE INFORMATION, PLEASE VISIT:

WINDSORESSEX.CMHA.CA/SUICIDEPREVENTION/