

Suicide Statistics

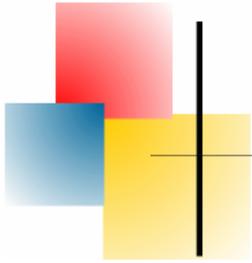
Suicide is an issue that touches lives in every part of our society. There is no single 'type' of person who dies by suicide. It is important to look at statistics in order to gain a greater understanding of the 'big picture'. However, all statistics should be treated with caution as there are many factors that can contribute to inconsistent tracking and make statistics misleading.

General Suicide Statistics:

- According to Statistics Canada, in 2012 there were 3,926 reported suicides. This resulted in a rate of 11.3 deaths per 100,000 people.
- It is estimated that for every reported death by suicide, there are from 5% to 25% unreported suicides. Suicide attempts are estimated to be 40 to 100 times greater than the number of deaths by suicide.
- Of major significance is the projection that 5% of the population in Canada will have thoughts of suicide during one year – based on 2012 stats, that is 1,737,757 people who thought about whether to live or die!
- Although suicide deaths affect almost all age groups, those aged 40 – 59 had the highest rates overall.
- Among those aged 15 – 34, suicide was the second leading cause of death, preceded only by accidents.
- Across the world, more than 800,000 people die by suicide each year – this is approximately one person every 40 seconds. (World Health Organization 2014)
- Suicide is the major cause of premature and preventable death. It is estimated that in 2009 alone, there were about 100,000 years of potential life lost to Canadians under the age of 75 as the result of suicides.
- Researchers widely agree that suicide is associated with a number of complicated factors related to one's physical and mental health, for example: a mental health diagnosis, social isolation, a previous suicide attempt, family violence, physical illness, and substance use.
- More than 90% of people who die by suicide have a mental or addictive disorder and almost half of those admitted to hospital for attempting suicide had a primary diagnosis of a mental health issue.

The Suicide Awareness Council Wellington-Dufferin is dedicated to helping reduce suicide and its impact on individuals, families, and communities.

If you find this fact sheet useful, please feel free to make copies and pass it along to others.
For more information about the Council, go to www.sacwd.ca



Suicide Statistics Continued...

The Differences between Men and Women:

- Men are at least three times more likely than women to die by suicide.
- Married people have a lower suicide rate than those who were single, divorced or widowed. And among women, widows have the highest rate of suicide (Stats Can 2009).

Youth and Suicide in Canada:

- Suicide is the second leading cause of death among Canadian youth aged 10 - 24, after motor vehicle accidents.
- In 2012, 518 reported youth died by suicide. Between 70 - 80 percent of Canadian youth consider suicide before High school graduation.
- Adolescent men are 3 to 5 times more likely to take their own life than young women are.
- Adolescent women are four to seven times more likely to attempt suicide than young men are.
- Several studies have pointed to widespread use of alcohol and drugs among teens as significant contributing factors in youth suicide.

Seniors and Suicide in Canada:

- Older age is often a time of significant changes for people. Managing losses that accompany the life transitions of aging can be hard to handle.
- In 2012, there were 1,236 reported deaths by suicide for those over the age of 55. According to Statistics Canada, individuals in the 'over 55yrs of age' category have the highest rate of suicide in Canada.
- Senior men are approximately 2 to 3 times more likely to take their own life than senior women.
- Seniors show less warning signs before serious suicide attempts.
- Seniors will report less history of attempts than younger people.