**SUICIDE in Canada**

**CURRENT CONTEXT**

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

**90%** were living with a mental health problem or illness.

**ACROSS THE LIFE SPAN**

<table>
<thead>
<tr>
<th>CHILDREN AND YOUTH (10 to 19 years)</th>
<th>YOUNG ADULTS (20 to 29 years)</th>
<th>ADULTS (30 to 44 years)</th>
<th>ADULTS (45 to 64 years)</th>
<th>SENIORS (65+ years)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suicide 2nd leading cause of death</td>
<td>Suicide 2nd leading cause of death</td>
<td>Suicide 3rd leading cause of death</td>
<td>Suicide 7th leading cause of death</td>
<td>Suicide 12th leading cause of death</td>
</tr>
<tr>
<td>Males account for 41% of 10-14 year olds, increasing to 70% of 15-19 year olds</td>
<td>Males account for 75% of suicides</td>
<td>Males account for 73% of suicides</td>
<td>Males account for 80% of suicides</td>
<td>Males aged 85+ experience the highest rate of suicides among seniors</td>
</tr>
<tr>
<td>Self-harm hospitalizations 72% females</td>
<td>Self-harm hospitalizations 58% females</td>
<td>Self-harm hospitalizations 56% females</td>
<td>Self-harm hospitalizations 56% females</td>
<td>Self-harm hospitalizations 52% females</td>
</tr>
</tbody>
</table>

**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**

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