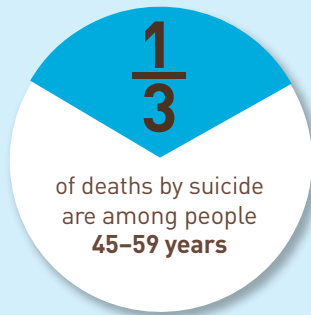


# Suicide in Canada: Key Statistics

## DEATHS AND HOSPITALIZATIONS

approx. **11** PEOPLE die by suicide **EACH DAY**

approx. **4,000** DEATHS BY SUICIDE PER YEAR



Suicide is the **SECOND** leading cause of death among youth and young adults (15-34 years)

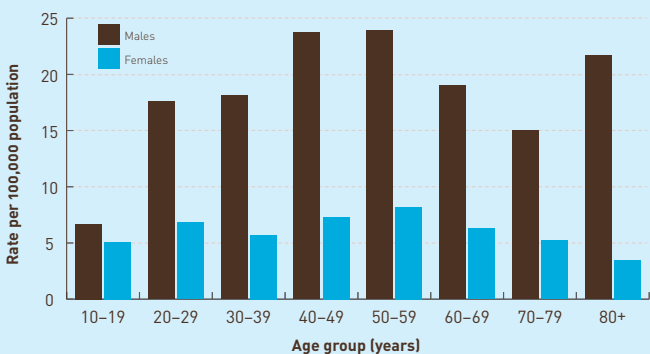


Suicide rates are approx.

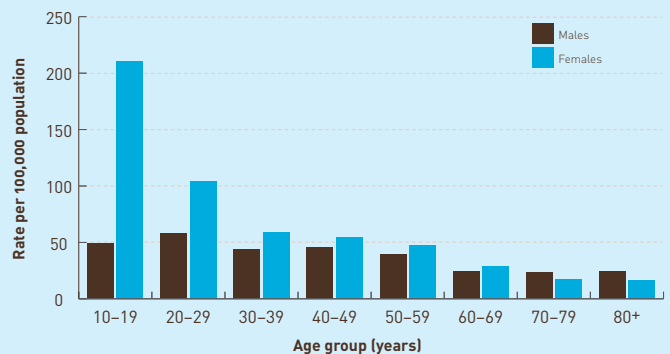
**3X** higher among men compared to women



**DEATH** rates by suicide per 100,000 population in 2016 (by age and sex)

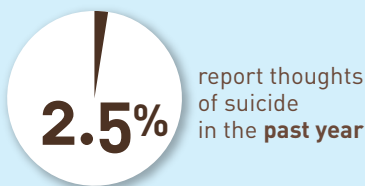
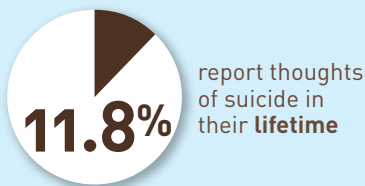


**HOSPITALIZATION** rates associated with self-inflicted injury per 100,000 population in 2017-2018\* (by age and sex)

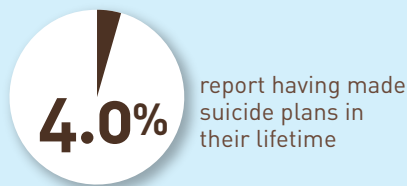


## SUICIDE THOUGHTS, PLANS AND ATTEMPTS

### THOUGHTS



### PLANS



### ATTEMPTS



Suicide attempts are approx. **3X** higher among people born in Canada than immigrants to Canada

\* Estimates are for the population in Canada aged 15 years and older.

The Public Health Agency of Canada analyzed data from the Statistics Canada Vital Statistics Database, the Canadian Institute of Health Information Discharge Abstract Database, and Statistics Canada Canadian Community Health Survey [2016]. Published data underestimate the total number of reported deaths, attempts, plans and thoughts of suicide, due to stigma and other factors.

## HELP IS AVAILABLE

- **9-1-1**
- Kids Help Phone: **1-800-668-6868**
  - Text **CONNECT** to **686868**
  - Chat Services (6 pm-2 am EST): [www.kidshelpphone.ca](http://www.kidshelpphone.ca)
- Trans Lifeline: **1-877-330-6366**
- Hope for Wellness Help Line: **1-855-242-3310**
  - Online chat: [www.hopeforwellness.ca](http://www.hopeforwellness.ca)
- Indian Residential Schools Crisis Line: **1-866-925-4419**
- Canada Suicide Prevention Service: **1-833-456-4566** [24/7]
- For Quebec residents: **1-866-APPELLE (277-3553)** [24/7]

### CONTACT A CRISIS CENTRE NEAR YOU:

- Canadian Association for Suicide Prevention [www.suicideprevention.ca/need-help](http://www.suicideprevention.ca/need-help)

### ADDITIONAL RESOURCES:

[www.canada.ca/en/public-health/services/suicide-prevention.html](http://www.canada.ca/en/public-health/services/suicide-prevention.html)