

SUICIDE PREVENTION IN BRITISH COLUMBIA

World Suicide Prevention Day - 10 September, 2010

In British Columbia (BC):

Deaths from Suicide:

- In 2007, there were a total of 427 deaths from suicide; of which 73.1% were males and 19% of the deaths were alcohol related. The highest mortality rate was observed in the 55-59 year (15.6 per 100,000) and 45-49 year (14.7 per 100,000) age groups.

Hospitalizations from Suicide Attempts:

- In 2008/09, there were a total of 3,042 hospitalizations from suicide attempts. Of these, 60.4% were females. The highest hospitalization rate for suicide attempts was observed in the 15-19 year (135.33 per 100,000) and 20-24 year (106.21 per 100,000) age groups.

Emergency Department (ED) Visits:

- In 2007, there were a total of 90 cases of suicide attempts/gestures seen at BC Children's Hospital. Of these ED visits, 75.6% were females and 62.2% were among ages 15-19 years. The most common method used for the attempt was using over the counter drugs (e.g. Tylenol and Aspirin) (20%).



Warning Signs of Risk:

- Threatening to hurt or kill oneself
- Talking or writing about death, dying or suicide
- Increased substance (alcohol or drug) use
- No reason for living
- No sense of purpose in life
- Anxiety
- Agitation, unable to sleep or sleeping all the time
- Feeling Trapped
- Hopelessness, withdrawing from friends, family and society
- Rage, uncontrolled anger, seeking revenge
- Acting reckless or engaging in risky activities
- Dramatic mood changes

Resources:

[BC Ministry of Children and Family Development](#)

[Canadian Mental Health Association: BC Division](#)

[BC Centre for Suicide Prevention, Canadian Mental Health Association](#)

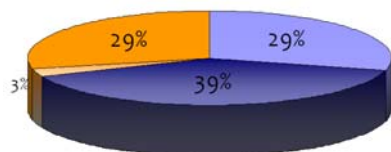
[Here to Help: BC Partners for Mental Health and Addictions Information](#)

[International Association for Suicide Prevention](#)

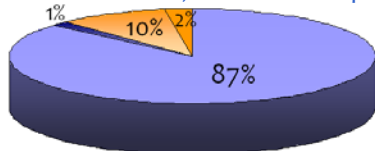
[World Health Organization Suicide Prevention](#)

[Youth Prevention Website](#)

Deaths in BC, Suicide, 2007



Hospitalizations in BC, Suicide Attempts, 2008/09



- Self-poisoning
- Hanging/Suffocation/Drowning
- Cutting/Stabbing
- Suicide/Attempted Suicide Other/Unspecified

- Every year, almost one million people commit suicide; a "global" mortality rate of 16 per 100,000, or one death every 40 seconds.
- In the last 45 years, suicide rates have increased by 60% worldwide.

Data Sources:

Deaths: BC Vital Statistics, Hospitalizations: Ministry of Health Services, Emergency Department: Canadian Hospitals Injury Reporting and Prevention Program (CHIRPP) at BC Children's Hospital

If you are feeling suicidal or know of someone who needs help, please call the Crisis Centers in BC, OPEN 24 hours.
1-800-SUICIDE (1-800-784-2433)