

# World Suicide Prevention Day

*Preventing Suicide: Reaching Out and Saving Lives*

## Facts and Figures



International Association for Suicide Prevention

*10 September, 2015*

# World Suicide Prevention Day 2015

## Facts and Figures

- Every year, over 800,000 people die from suicide; this roughly corresponds to one death every 40 seconds.

**IASP**

International Association for Suicide Prevention

● **September 10, 2015**

# World Suicide Prevention Day

● **Preventing Suicide: Reaching Out and Saving Lives**

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## Facts and Figures

- The number of lives lost each year due to suicide exceeds the number of deaths due to homicide and war combined.

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## Facts and Figures

- Suicide is the 15<sup>th</sup> leading cause of death globally, accounting for 1.4% of all deaths in 2012.

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## Facts and Figures

- Globally suicide rates are highest for people 70 years and over.

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## Facts and Figures

- Suicide is the fifth leading causes of death among those aged 30-49 years in 2012 globally.



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## Facts and Figures

- Suicide is the second leading cause of death in the 15-29 years age group in 2012 worldwide.

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# World Suicide Prevention Day 2015 Facts and Figures

- 75% of all global suicide deaths occur in low-middle income countries.

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## Facts and Figures

- It is estimated that during 2012 for each adult who died of suicide there were over 20 others who made suicide attempts.



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## Facts and Figures

- Suicide is complex with psychological, social, biological, cultural and environmental factors involved.



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## Facts and Figures

- The strongest risk factor for suicide is a previous suicide attempt.

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- Mental disorders (particularly depression and alcohol use disorders) are a major risk factor for suicide in Europe and North America; however, in Asian countries impulsiveness plays an important role.



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## Facts and Figures

- In addition, experiencing conflict, disaster, violence, abuse, bereavement or loss and isolation are strongly associated with suicidal behavior.



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## Facts and Figures

- Suicide rates are elevated amongst vulnerable groups who experience discrimination, such as refugees and migrants; indigenous peoples; lesbian, gay, bisexual, transgender, intersex (LGBTI) persons; and prisoners.



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## Facts and Figures

- Reaching out to those who may be struggling or may have become disconnected from others and offering support can be a life-saving act.

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## Facts and Figures

- Reaching out involves active listening and engaging with a person in a non-judgmental and supportive way.

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- An important aspect of reaching out also involves linking people to relevant professional services to ensure appropriate care and follow-up for that person.



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- Reaching out to persons bereaved by a suicide is of equal importance. By giving a person the opportunity to talk about their loss, in their own time and on their own terms can also provide a lifeline.



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- Find research relating to *Reaching Out and Saving Lives*, suicide prevention and mental health at: <http://goo.gl/gKNoYd>

