Suicide in Canada: Key Statistics

DEATHS AND HOSPITALIZATIONS

11 people die by suicide each day
4,000 deaths by suicide per year

1/3 of deaths by suicide are among people 45–59 years

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

THOUGHTS

11.8% report having made a suicide attempt in their lifetime

2.5% report having made a suicide attempt in the past year

PLANS

4.0% report having made suicide plans in their lifetime

ATTEMPTS

3.1% report having made a suicide attempt in their lifetime

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 (4 pm–2 am EST): www.kidshelpphone.ca
• Trans Lifeline: 1-877-330-6366
• Hope for Wellness Help Line: 1-855-242-3310
• Online chat: www.hopeforwellness.ca
• Indian Residential Schools Crisis Line: 1-866-925-4419
• Canada Suicide Prevention Service: 1-833-456-4566 [Toll Free]

CONTACT A CRISIS CENTRE NEAR YOU:
• Canadian Association for Suicide Prevention
  www.suicideprevention.ca/need-help

ADDITIONAL RESOURCES: