

Suicide/Self-Inflicted Injuries in Alberta



Government of Alberta ■
Health and Wellness



Every day in Alberta...

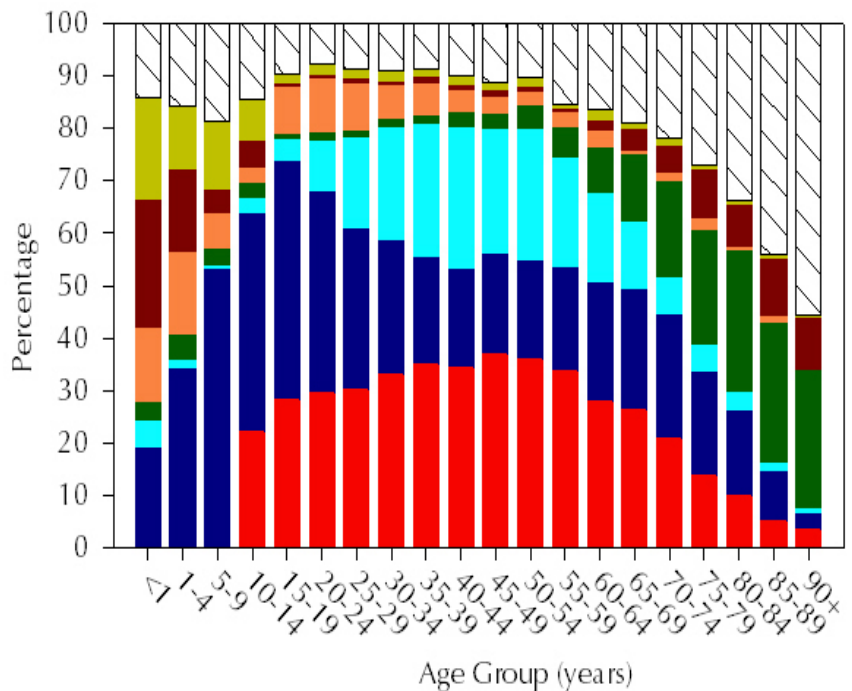
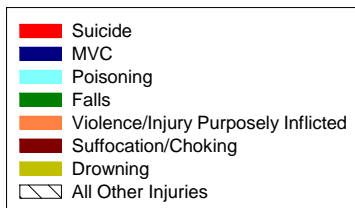
- At least 1 person will die as a result of a suicide.
- There will be 5 attempted suicide/self-inflicted injury hospital admissions.
- There will be 16 attempted suicide/self-inflicted injury emergency department visits.

Did You Know in Alberta in 2008...

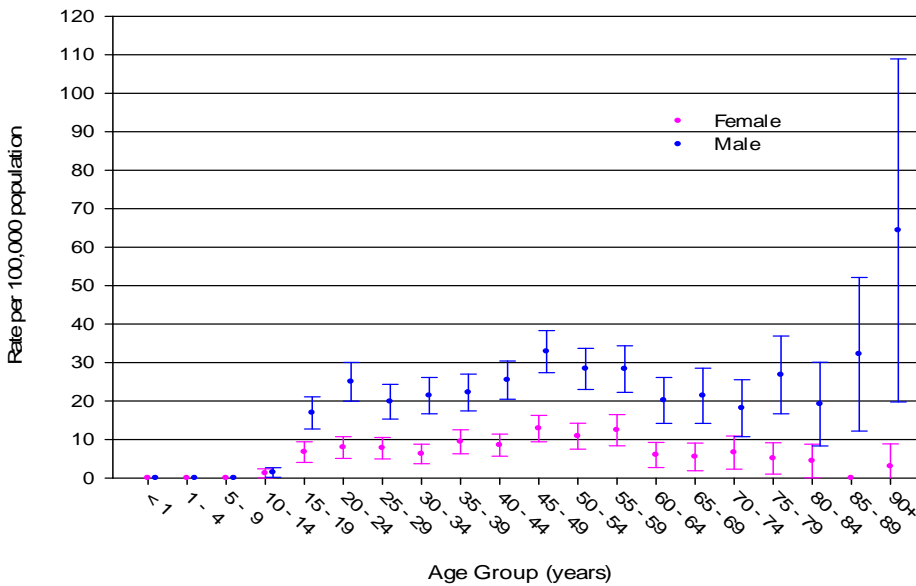
- Suicides were the leading cause of injury death with 466 deaths, accounting for 27 per cent of all injury deaths?
- There were 1,895 attempted suicide/self-inflicted injury-related hospital admissions?
- There were 5,909 attempted suicide/self-inflicted injury-related emergency department visits?
- Males accounted for 76 per cent of the suicide deaths? However, females accounted for 61 per cent of the hospital admissions and 60 per cent of the emergency department visits for attempted suicide/self-inflicted injuries.

Injury Deaths (1999-2008)

- Suicides were the leading cause of injury deaths, accounting for 28 per cent.
- Suicides were the leading cause of injury deaths for males and the second leading cause of injury death for females.
- Suicides are the leading cause of injury deaths for those 30 to 69 years of age.

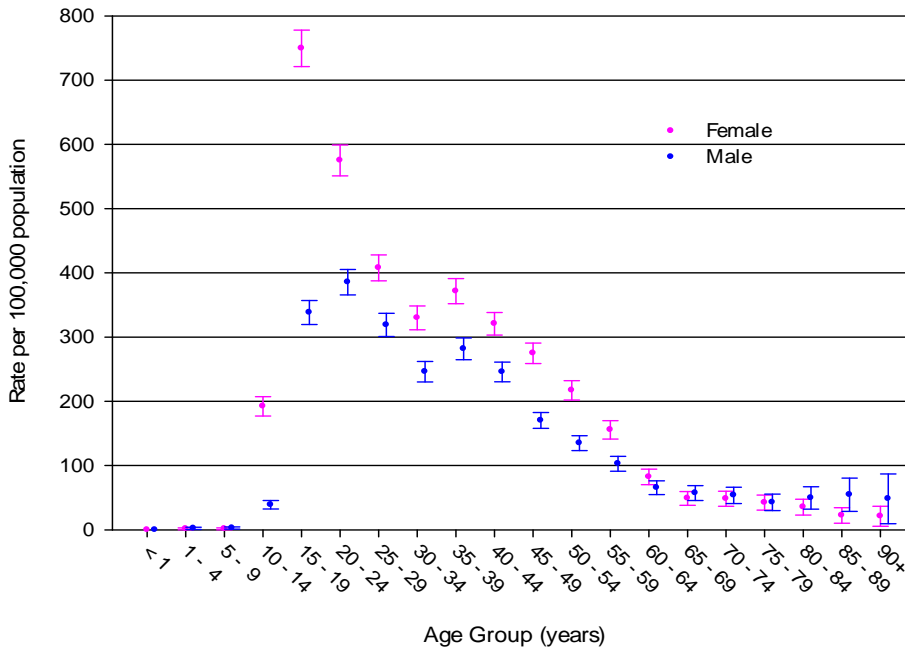


Suicide Deaths by Age Group and Sex (2006-2008)



- Males consistently had higher suicide death rates than females.
- Older males, those greater than 95 years of age had the highest rate however, they had few deaths. The largest number of suicide deaths occurred among males 40 to 54 years of age.
- Males accounted for 74 per cent of the suicide deaths.

Attempted Suicide/Self-Inflicted Hospital Admissions and Emergency Department Visit Rates by Age Group and Sex, (2006-2008)



- Females consistently had a higher rate of attempted suicide/self-inflicted injury rates than males in most age groups.
- Females 15 to 19 years of age had the highest rate of hospital admissions and emergency department visits. The rate for attempted suicide/self-inflicted injuries for females in this age group were more than double those for males in the same age group.

Other Facts....

- The World Health Organization reported that in 2000 approximately one million people died by suicide, or one death every 40 seconds.¹
- In the last 45 years suicide rates have increased by 60% worldwide.¹
- Suicide is the single greatest cause of injury-related deaths for Aboriginal people. The suicide rate of First Nations youth is five to seven times higher than the national average and 11 times higher for Inuit youth.²
- Each suicide has a serious impact on at least six people.³

1. World Health Organization. Suicide Prevention (SURP). Geneva: World Health Organization; 2002. [cited 2010 July 21]. Available from: http://www.who.int/mental_health/prevention/suicide/suicideprevent/en/.

2. Indian and Northern Affairs Canada. Aboriginal Health, The status of Aboriginal health in Canada. Indian and Northern Affairs Canada. [cited 2008 Mar 03]. Available from: <http://www.ainc-inac.gc.ca/ai/mr/is/abhl-eng.asp>.

3. World Health Organization. Mental and behavioural disorders, Department of Mental Health. Preventing suicide: a resource for primary health care workers. Geneva: World Health Organization; 2000. [cited 2008 Mar 03]. Available from: http://www.who.int/mental_health/

Prevent Suicide and Attempted Suicide/Self-Inflicted Injuries

Watch out for signs that someone might want you to help them talk about suicide:

- They talk about wanting to die.
 - They lose interest in doing things they used to enjoy.
 - They avoid being with people they used to like.
 - They have more trouble at home, work, or school than usual.
- They are misusing or abusing drugs or alcohol.

Ask about suicide. You could say, “you seem really down lately. I’m concerned. Have you been thinking about death or suicide?”

Listen and stay calm. Listening to reasons for dying can be helpful to find reasons for living. Don’t promise to keep secrets about suicide. Tell them that you will get help if their life is in danger.

If their answers tell you they have prepared a plan and that they could die by suicide very soon, call 9-1-1.

If they don’t have an immediate plan, work with them to plan a way to keep safe. Call a local crisis line or counseling centre. Look in the front of your telephone book under “Emergency Numbers”. Call 211 in Edmonton and Calgary. On the internet, go to www.suicideinfo.ca and click on “Are you in crisis?” That will get you a list of links to on-line programs and crisis lines phone numbers.

Caring about someone who is thinking of suicide can be very stressful. Ask for caregiver support at the same places listed above.

The Alberta Centre for Injury Control & Research (ACICR) is committed to advancing injury control in Alberta by promoting stakeholder collaboration, capacity building and evidence-based practice in the field of injury control and research.

ACICR believes in a population health perspective, where strategies will enhance the health and well-being of the overall population. ACICR provides leadership, initiative, influence, coordination and support for injury-related policies, education, information services, and research across the province in order that stakeholders can fulfill their mandates of injury control.

ACICR is a provincial centre within the School of Public Health at the University of Alberta and receives its core funding from Alberta Health and Wellness.

The information in this summary is taken from *Alberta Injury Data: Comparison of Injuries in Alberta’s Health Regions, 2006*. To obtain copies of the full report or obtain more information about the ACICR please contact:

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