Suicide in Canada: Key Statistics

DEATHS AND HOSPITALIZATIONS\(^1,2\)

\[12\text{ PEOPLE die by suicide EACH DAY} \]

\[4,500\text{ DEATHS BY SUICIDE PER YEAR} \]

Suicide rates are approx. \(3X\) higher among men compared to women.

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

DEATH rates by suicide per 100,000 population in 2019 (by age and sex)

HOSPITALIZATION rates associated with self-inflicted injury per 100,000 population in 2020–2021 (by age and sex)

SUICIDE-RELATED BEHAVIOURS\(^3,4\)

<table>
<thead>
<tr>
<th>THOUGHTS</th>
<th>PLANS</th>
<th>ATTEMPTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>had thoughts of suicide in their LIFETIME</td>
<td>had planned suicide in their LIFETIME</td>
<td>had attempted suicide in their LIFETIME</td>
</tr>
<tr>
<td>12.0%</td>
<td>4.2%</td>
<td>3.1%</td>
</tr>
<tr>
<td>had thoughts of suicide in the PAST YEAR</td>
<td>had planned suicide in the PAST YEAR</td>
<td>had attempted suicide in the PAST YEAR</td>
</tr>
<tr>
<td>2.6%</td>
<td>0.8%</td>
<td>0.3%</td>
</tr>
</tbody>
</table>

HELP IS AVAILABLE

IF YOU OR SOMEONE YOU KNOW IS IN IMMEDIATE DANGER, PLEASE CALL 9–1–1.

Help is available 24/7 for suicide prevention and mental health. Here are some resources:

- Talk Suicide Canada: 1-833-456-4566 (or text 45645 from 4pm to midnight ET)
- For Quebec residents: 1-866-APPELLE (277-3553)
- Kids Help Phone: 1-800-668-6868 or text CONNECT to 686868
- Hope for Wellness Helpline for Indigenous peoples: 1-855-242-3310
- Trans Lifeline: 1-877-330-6366
- Wellness Together Canada
- Preventing suicide: Warning signs and how to help

Published data may underestimate the total number of reported deaths, attempts, plans and thoughts of suicide, due to the stigma and other factors.

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