Suicide in Canada: Key Statistics

DEATHS AND HOSPITALIZATIONS

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

1.1 million people die by suicide EACH DAY.

4,000 DEATHS BY SUICIDE PER YEAR.

11.8% report having made a suicide attempt in their lifetime.

2.5% report thoughts of suicide in the past year.

4.0% report having made suicide plans in their lifetime.

3.1% report having made a suicide attempt in their lifetime.

THOUGHTS

PLANS

ATTEMPTS

HOSPITALIZATION rates associated with self-inflicted injury per 100,000 population in 2017–2018* (by age and sex)

DEATH rates by suicide per 100,000 population in 2016 (by age and sex)

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.

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.

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: 1-877-330-4364
• 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: 1-833-456-4564 (24/7)
• For Quebec residents: 1-866-APPELLE (277-3553) (24/7)

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

ADDITIONAL RESOURCES:

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.