Suicide in Alberta

Talking about suicide is the first step to prevention.

Help is available 24/7. Call 811 or 1-877-303-2642.

In 2019, **7,334** visits were made to the Emergency Department for **suicide attempts** or **self-harm**.

50% of all visits were made by **YOUTH**, ages 0-24.

3 out of **4** suicide **deaths** are male.

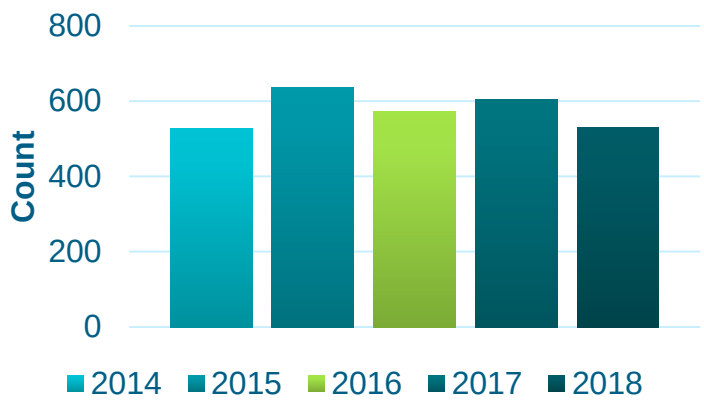
45% of these are middle-aged men, ages 40-64.

63-67% of **LGTBQ2S+ youth**, ages 14-25, report thoughts about suicide.

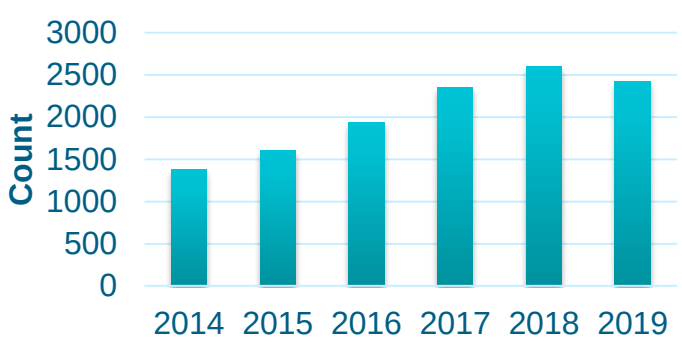
Suicide is **5 to 6X** higher for **Indigenous youth** than non-Indigenous youth in Alberta.

Every year, more Albertans die by suicide than the number of people who in die in motor vehicle collisions.

Suicide Deaths in Alberta



Number of Suicide-Related Calls to Health Link



We all play a role in preventing suicide. Here's how you can help:

Spot the warning signs

Ask about suicide

Listen

Get help

For more information call **811** or go to **www.ahs.ca/preventingsuicide**

Alberta Health Services. (2020). Dashboard of suicide-related injuries. Alberta Injury Surveillance Dashboard. Retrieved September 18, 2020.

Government of Alberta, Children's Services. (2019). Building strength, inspiring hope: a provincial action plan for youth suicide prevention 2019-2024. https://open.alberta.ca/publications/9781460140987.

Wells, Kristopher, Frohard-Dourlent H, Saewyc E, Ferguson, M, Veale J, & the Canadian Trans Youth Health Survey Research Group. (2017). Being Safe, Being Me in Alberta: Results of the Canadian Trans Youth Health Survey. Vancouver, BC: Stigma and Resilience Among Vulnerable Youth Centre, School of Nursing, University of British Columbia.

Alberta Health Services

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