Suicide in Alberta

Asking and talking about suicide is the first step to prevention.

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

In 2018, 7,254 Albertans visited the Emergency Department for suicide attempts. 50% of all visits were made by YOUTH, ages 0-24.

3 out of 4 suicide deaths are male. Almost 50% are middle-aged men, ages 40-64.

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

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

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

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

Wells, Kristopher, Frohardt-Doulent H, Saawyc E, Ferguson, M, Vaile 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.