

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.



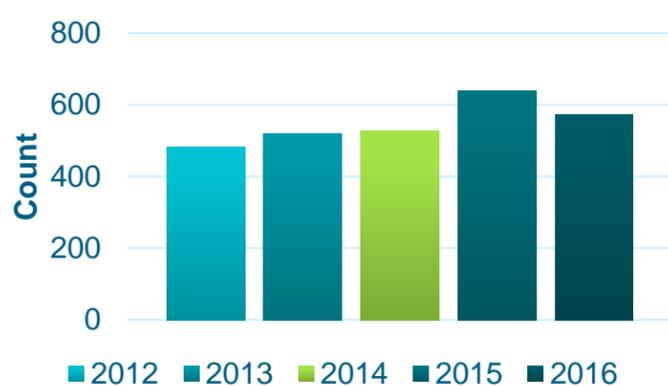
63-67% of LGBTQ+ youth, ages 14-25, report thoughts about suicide.



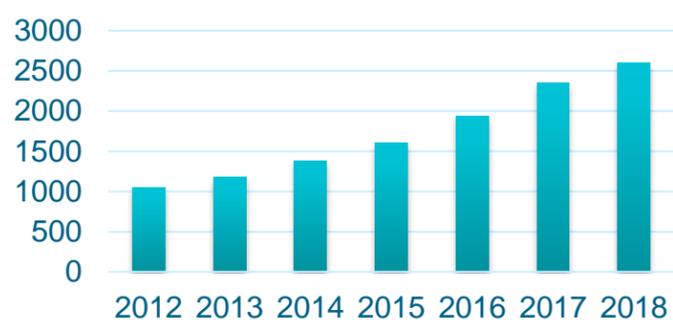
Suicide is **5 to 6X** higher for **Indigenous youth** than non-Indigenous youth.

Every year, more Albertans die by suicide than the number of people who 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, Safe Healthy Environments (2017). Dashboard of suicide-related injuries for all methods by province and zone and all sexes March 25, 2019. Alberta Injury Surveillance Dashboard. Retrieved June 19, 2019.

Government of Alberta, Children's Services. (2019). Building strength, inspiring hope: a provincial action plan for youth suicide prevention 2019-2024.

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.