

Let's Talk About Suicide

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



On average, **45%** of emergency department visits for suicide attempts or self-harm are adults, ages 20-39.



3 out of 4 suicide deaths are male. **45%** of these are middle-aged men, ages 40-64.



63-67% of LGBTQ2S+ youth, ages 14-25, report thoughts about suicide.



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

Suicide thoughts, attempts and deaths affect us all. Yet it is often difficult to talk about due to feelings of fear, shame and guilt. Let's talk about it.

Together, we can prevent suicide.



Recognize warning signs and risk factors.

Engage in conversation and listen with empathy.

Ask about suicidal thoughts and feelings.

Connect to supports and resources.

Heal ourselves by taking care of our own mental health.

Get help 24/7.
Call 811 or
1-877-303-2642

For more information visit www.ahs.ca/preventingsuicide

Alberta Health Services. (2021). Dashboard of suicide-related injuries. Alberta Injury Surveillance Dashboard. Retrieved August 19, 2021.

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.