

Suicides among

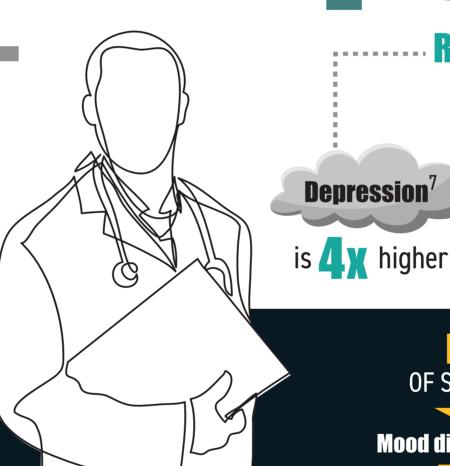
10-19 year olds increased by

between 2007 and 2016¹⁰



OF SUICIDE VICTIMS

SUFFERED FROM A MENTAL DISORDER⁵



IN PEOPLE **SUFFERING FROM:**

Depression

Major depression

is **20** X higher

45%

of suicide victims met their primary care physician in the month prior to suicide 6



LIFETIME RISK OF SUICIDE IN PEOPLE WITH:

Schizophrenia 9 **Mood disorders** 8



48%

of 9-12 graders who spend

5+ hours on electronic devices a day have at least one suicide-related

outcome 10



of 9-12 graders

who spend -1 hour

on devices a day have at least one suicide-related outcome¹¹



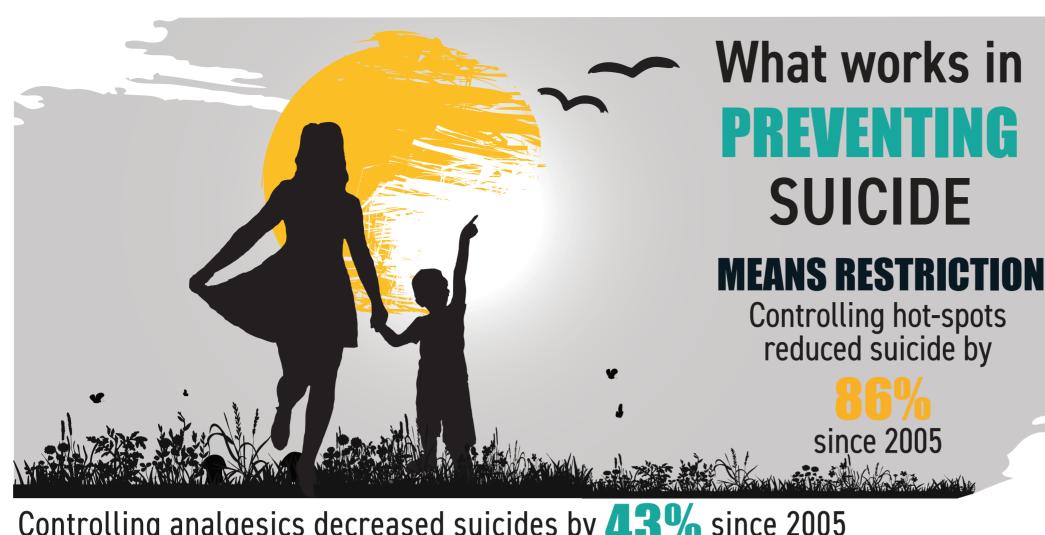
RISK OF SUICIDE is 30 to 100 times higher in the year following self-harm

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If you, or someone you know, are thinking of suicide or are in immediate danger, please contact your local emergency services, your doctor and/or your nearest mental health crisis center www.lasp.info/resources **/Crisis Centres**

Controlling analgesics decreased suicides by 43% since 2005

Treatment and effective management are key to ensuring that people receive the care they need 12

PRIORITISING INTERVENTIONS

Effective

pharmacological and psychological

treatments

of depression are important in suicide prevention ¹³

Suicide rates in

schizophrenia patients going through

early intervention

services are lower by

Comprehensive school-based awareness programmes have been shown to reduce suicide attempts and suicidal thoughts¹⁹



ACCESS TO HEALTHCARE

Schizophrenia: a longer delay in treatment increases the level of suicidality

SUPPORT REDUCES SUICIDAL BEHAVIOUR¹⁵

0.2% suicide deaths

occurred in brief intervention and contact groups compared to

in treatment-as-usual groups 16



become suicidal during this phaseand have already attempted suicide before contact with services

Difficulties in **ACCESSING TREATMENT**, feelings of **hopelessness** or **isolation** are risk factors for suicide ¹⁷

GROUPS

A number of vulnerable groups have been identified as having a higher risk of suicide 18

POLICIES TO REDUCE

USE OF ALCOHOL

Those with substance abuse disorders are 6 times

more likely to complete suicide

than those without



The rate of completed suicide among men with alcohol/drug abuse problems is 2-3 times higher

than among those without a problem

Among men aged 40 years and older who had died by suicide,

had a history of alcohol abuse

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