

## **Suicide Facts and Signs for staff**

In Canada, close to 4000 people die by suicide each year, making it the second leading cause of death in people 15 to 34 years of age.

The majority of those who die by suicide are middle aged. Men have the highest rates of suicide in Canada representing three quarters of this population.

### **Factors**

There are many factors that can contribute to suicide. The most common include:

- Hopelessness
- Helplessness
- Guilt
- Shame
- Sadness

### **Signs**

Signs to look for if you are concerned someone is considering suicide:

- Talking about suicide and death
- Talking about or collecting items to carry out suicide
- Previous suicide attempts
- Preparing for death by writing a will or giving away personal possessions
- Other signs may be similar to signs of depression such as changes in eating and or sleeping habits
- Withdrawal from others
- Neglect of personal appearance
- Loss of interest in usually activities especially those usually enjoyed
- Increased use of alcohol and or other drugs and or risky behaviors