

# SUICIDES IN BRITISH COLUMBIA

Individuals aged 30 to 59 accounted for 56% of deaths. The highest age-specific suicide death rate was among those 50-59 years of age (18 deaths per 100,000 in the age group).

# 56%

AMOUNT OF  
PEOPLE AGES 30-  
59 HAVE  
COMMITTED  
SUICIDE

The amount of suicides varied by gender. From 2008-2018, the most common mean of suicide for females was poisoning (37%), followed by hanging (32%). For males, hanging and fire arms accounted for 41% and 19% of deaths.



“No matter what happens or how bad it seems today, life does go on, and it will be better tomorrow.”  
-Maya Angelou

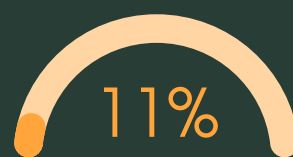


Every year, approximately 4,500 people in Canada die by suicide, 1 which is equivalent to 12 people dying by suicide every day. For every person lost to suicide, many more experience thoughts of suicide or suicide attempts. Every day, more than 200 people in Canada attempt suicide.



## MALE VICTIMS

From 2007-2017 75% of males had committed suicide. In other numbers 4518 males in BC had been victims of suicide. During this time period 1483 females had also taken their lives.



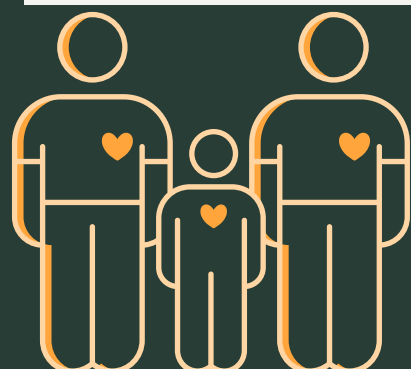
11%



23%

## TEENAGE VICTIMS

In 2018 of 38,000 students (grades 7-12) had taken The BC Adolescent Health Survey. They found that 11% of adolescent boys and 23% of adolescent girls had reported suicidal thoughts.



## Kids Help Phone & Talk Suicide Canada

If you or someone you know is thinking about suicide, call [Talk Suicide Canada](https://www.talksuicide.ca) at 1-833-456-4566 (24/7) or text 45645 (4 PM - 12 AM ET). For residents of Québec, call 1 866 APPELLE (1-866-277-3553) (24/7) or visit [suicide.ca](https://www.suicide.ca).

Call 1-800-668-6868 (toll-free) or text CONNECT to 686868. Available 24 hours a day to Canadians aged 5 to 29 who want confidential and anonymous care from professional counsellors. Download the [Always There](https://www.always-there.com) app for additional support or access the [Kids Help Phone](https://www.kidshelpphone.ca) website.