Suicide: facts and figures

Suicide is the second leading cause of death among 15-29 year-olds.

Over 800 000 people die by suicide every year.

1 death every 40 seconds.

High-income countries

75% of suicides occur in low- and middle-income countries.

There are more deaths from suicide than from war and homicide together.

57%

Pesticides, hanging and firearms are the most common methods used globally.

Suicides are preventable

Restricting access to means
Responsible media reporting
Introducing alcohol policies
Effective preventive measures
Early identification and treatment
Training of health workers
Follow-up care and community support

Key is a comprehensive multisectoral approach

Most countries currently do not have a national suicide prevention strategy

10% reduction of suicide rates is the target in the Mental Health Action Plan 2013-2020

World Health Organization
World Suicide Prevention Day
(10th September)

Themes

2003 – "Suicide Can Be Prevented!"
2004 – "Saving Lives, Restoring Hope"
2005 – "Prevention of Suicide is Everybody's Business"
2006 – "With Understanding New Hope"
2007 – "Suicide prevention across the Life Span"
2009 – "Think Globally, Plan Nationally, Act Locally"
2010 – "Suicide Prevention in Different Cultures"
2010 – "Families, Community Systems and Suicide"
2011 – "Preventing Suicide in Multicultural Societies"
2012 – "Suicide Prevention across the Globe: Strengthening Protective Factors and Instilling Hope"
2013 – "Stigma: A Major Barrier to Suicide Prevention"
2014 – "Light a candle near a Window"
2015 – "Preventing Suicide: Reaching Out and Saving Lives"
SUICIDAL IDEATION AMONG STUDENTS OF PROFESSIONAL AND NON-PROFESSIONAL COURSES: A STUDY OF RISK AND PROTECTIVE FACTORS

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