Suicide Prevention in Trinidad and Tobago

WORLD SUICIDE PREVENTION DAY WEBINAR 2021
Suicide in Trinidad and Tobago

- Reported suicide deaths are at an average of 8.3 per hundred thousand population

**WHO 2019 Suicide Rates (per hundred thousand population)**

- Global Average: 9.0
- Regional Average: 9.0
- National Average: 8.3
Suicide Deaths in Trinidad and Tobago for the Year 2020

Total number of deaths - 104

Males: 83 (79.8%)
Females: 21 (20.2%)
Ethnic Group Distribution of Suicide Deaths in Trinidad and Tobago for the Year 2020

- African: 63
- East Indian: 19
- Mixed: 19
- Caucasian: 2
- Chinese: 2
Method of Suicide Deaths in Trinidad and Tobago for the Year 2020

- Hanging: 58
- Ingestion of Poisonous Substance: 33
- Ingestion of Tablets: 2
- Gunshot: 3
- Gas/Smoke Inhalation: 2
- Jump from building: 2
- Drowning: 1
- Not Stated: 3

Number of Deaths
Age Distribution of Suicide Deaths in Trinidad and Tobago for the Year 2020

Age Ranges

Number of Deaths


0  0  0  0  0  0  0  0  0  0  0  0
Suicidal Behaviour in Trinidad and Tobago

Suicidal Ideation

Self-Harm

Attempted Suicide
## WHO Global School-based Student Health Survey 2017

Trinidad and Tobago

<table>
<thead>
<tr>
<th>Results for students aged 13-17</th>
<th>Total</th>
<th>Boys</th>
<th>Girls</th>
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<tbody>
<tr>
<td>Percentage of students who ever seriously considered attempting suicide during the past 12 months</td>
<td>22.8 (19.5-26.6)</td>
<td>13.9 (10.3-18.4)</td>
<td>31.4 (26.6-36.7)</td>
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<tr>
<td>Percentage of students who actually attempted suicide one or more times during the past 12 months</td>
<td>15.4 (12.6-18.7)</td>
<td>11.7 (8.7-15.5)</td>
<td>19.3 (15.5-23.9)</td>
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<tr>
<td>Percentage of students who had no close friends</td>
<td>9.7 (7.5-12.4)</td>
<td>12.5 (8.9-17.1)</td>
<td>6.8 (4.7-9.7)</td>
</tr>
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Suicide Prevention in Trinidad and Tobago

Lifeline (established in 1978)

Psychiatric Services
mhGAP training on Self-harm/Suicide

Advocacy by persons with lived experience

Mental Health Promotion by NGOs/CBOs

Support Groups by survivors
Towards a Comprehensive Collaborative National Response

2017
- National Suicide Prevention Mission: Wide Stakeholder Engagement

2018
- Multisectoral working group convened
- Launch of National Media Guidelines
- Implementation of Monitoring and Evaluation Tool
- Launch of National Mental Health Campaign “Paint De Town Green”

2019
- Technical Stakeholder Consultation on Draft Suicide Prevention Strategy
- Declaration of National Behavioural Health Week

2020
- COVID-19 delays
- Establishment of Mental Health and Psychosocial Support Services network (MHPSS)
- Review and Revision of Strategy

2021
- Approval of Strategy
- Pursue the Decriminalisation of Attempted Suicide
- Development of Suicide and Self-Harm Surveillance System
- Development of Implementation Plan for Suicide Prevention Strategy
A Strategic Way Forward

Vision
A resilient, well-informed society that exhibits a proactive culture of wellness where every human life is valued and it is rare for anyone to attempt suicide.

Mission
To build a collaborative intersectoral response to suicide and self-harm with the implementation of timely, effective and accessible support systems, evidence-based approaches and interventions for all.

Goal
A 1/3 reduction in the incidence of suicide deaths by 2030
1. Implement effective and sustainable governance and leadership for suicide prevention.

2. Build a proactive, competent and responsive health system to address suicidal behaviour and non-suicidal self-injury.

3. Foster a resilient society by promoting positive mental health and managing the risk of suicide.

4. Implement effective and timely surveillance, evaluation and research to inform suicide prevention strategies.

Strategic Action Areas
Thank You

SUICIDE PREVENTION IS EVERYONE’S BUSINESS