

# World Suicide Prevention Day 2019

## *“Working Together to Prevent Suicide”*

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*13 September 2019*



**PAHO**

# World Suicide Prevention Day 2019



Every September 10<sup>th</sup> since 2003, the International Association for Suicide Prevention (IASP), in collaboration with the World Health Organization (WHO), promotes the World Suicide Prevention Day.

# Working Together to Prevent Suicide



The theme of World Suicide Prevention Day 2019 is “**Working Together to Prevent Suicide.**” This is the second year that this WSPD theme is “Working Together to Prevent Suicide.” This theme will also be used for WSPD 2020.

This theme has been chosen because it highlights the most essential ingredient for effective global suicide prevention- **collaboration.**

On **September 10th**, join with us and many others across the world who are playing their part in the prevention of suicide. Be sure to involve or invite other local organizations and collaborators to organize an event to mark WSPD 2019.



# Working Together to Prevent Suicide



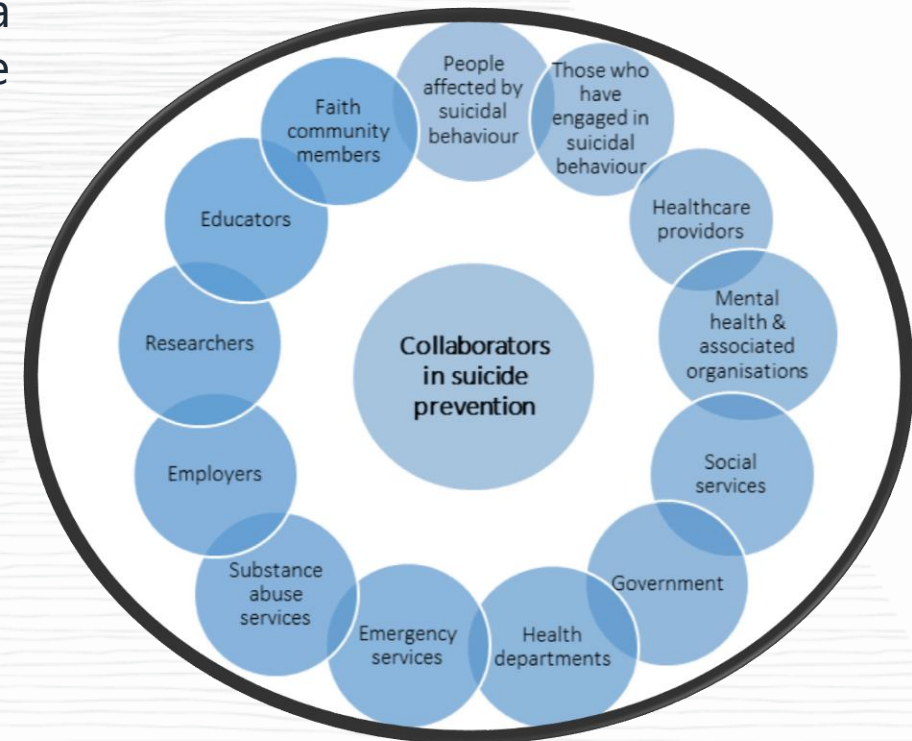
**Preventing suicide is often possible and you are a key player in its prevention!** You can make a difference – as a member of society, as a child, as a parent, as a friend, as a colleague or as a neighbor. There are many things that you can do daily, and also on World Suicide Prevention Day (WSPD), to prevent suicidal behaviour.

## **Joining together is critical to preventing suicide**

Preventing suicide requires the efforts of many. It takes family, friends, co-workers, community members, educators, religious leaders, healthcare professionals, political officials and governments.

## **Everyone can make a contribution in preventing suicide**

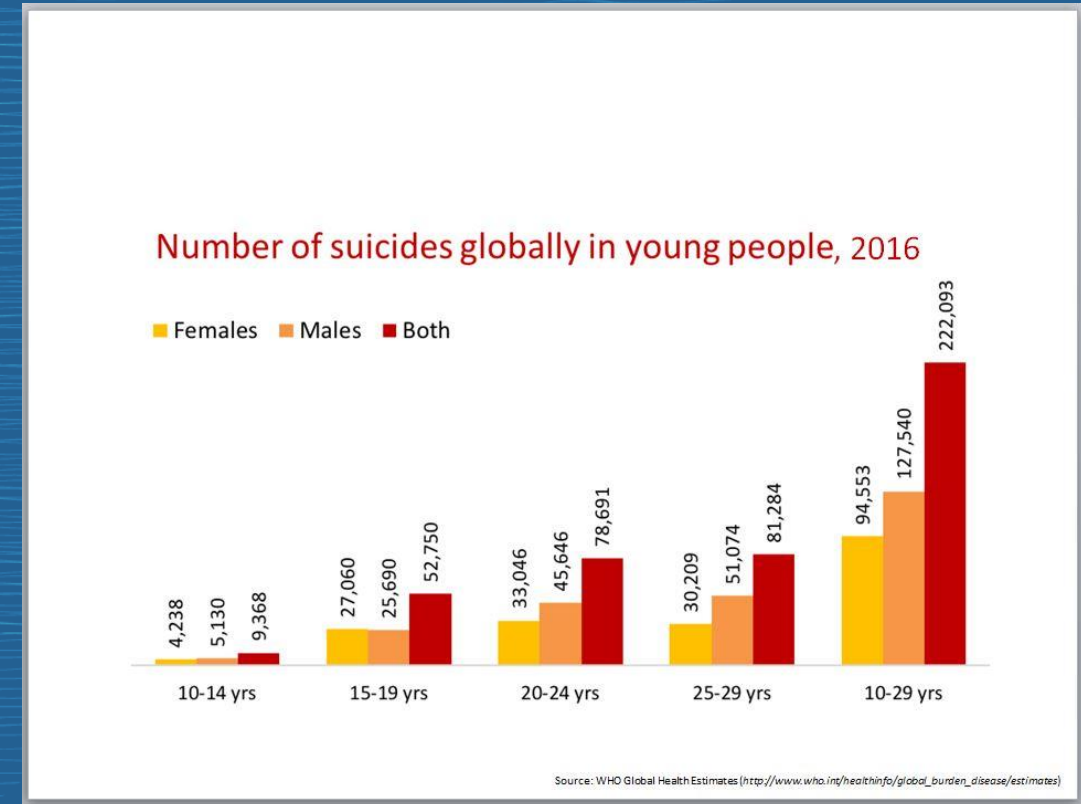
To reach our common goal in preventing suicidal behaviour we as the public, we as organizations, we as legislators and we as members of society must work collaboratively, in a coordinated fashion, using a multidisciplinary approach.



# Global Suicide Facts



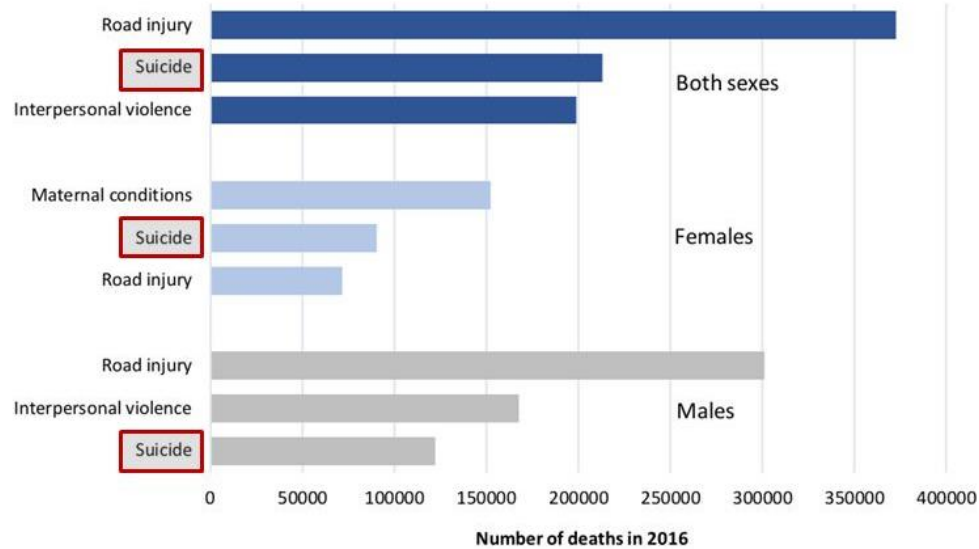
- Close to **800,000** people die due to suicide every year, which is one person every 40 seconds.
- Suicide occurs throughout the lifespan and is the **second leading cause of death among 15-29-year olds** globally.
- Suicide is a global phenomenon; in fact, **79% of suicides occurred in low- and middle-income countries** in 2016. Suicide accounted for 1.4% of all deaths worldwide, making it the 18th leading cause of death in 2016.



# Global Suicide Facts



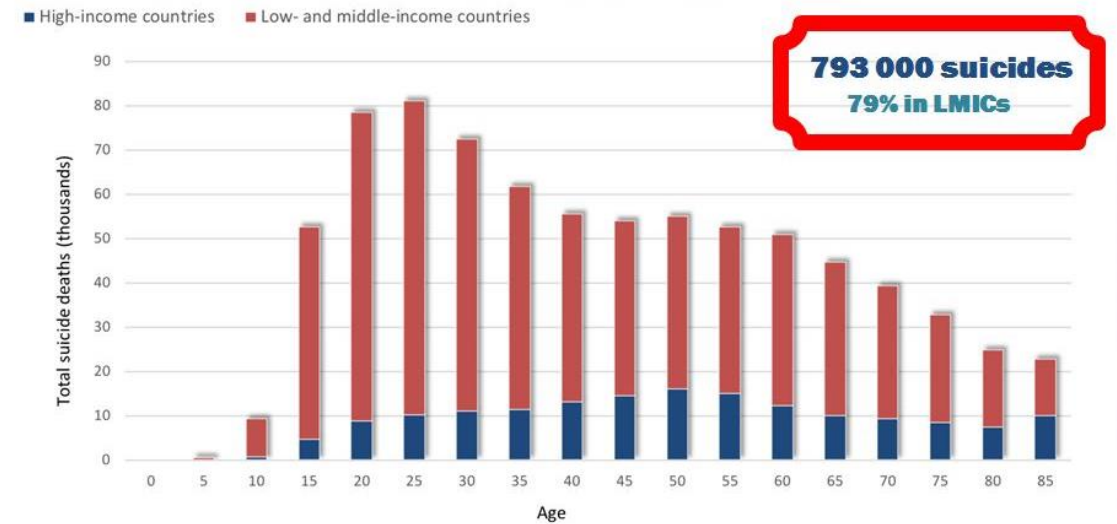
Leading causes of death, ages 15-29 years



Source: WHO Global Health Estimates ([http://www.who.int/healthinfo/global\\_burden\\_disease/estimates](http://www.who.int/healthinfo/global_burden_disease/estimates))

## Suicides by age and income level

Global suicides, by age and country income level (thousands), 2016



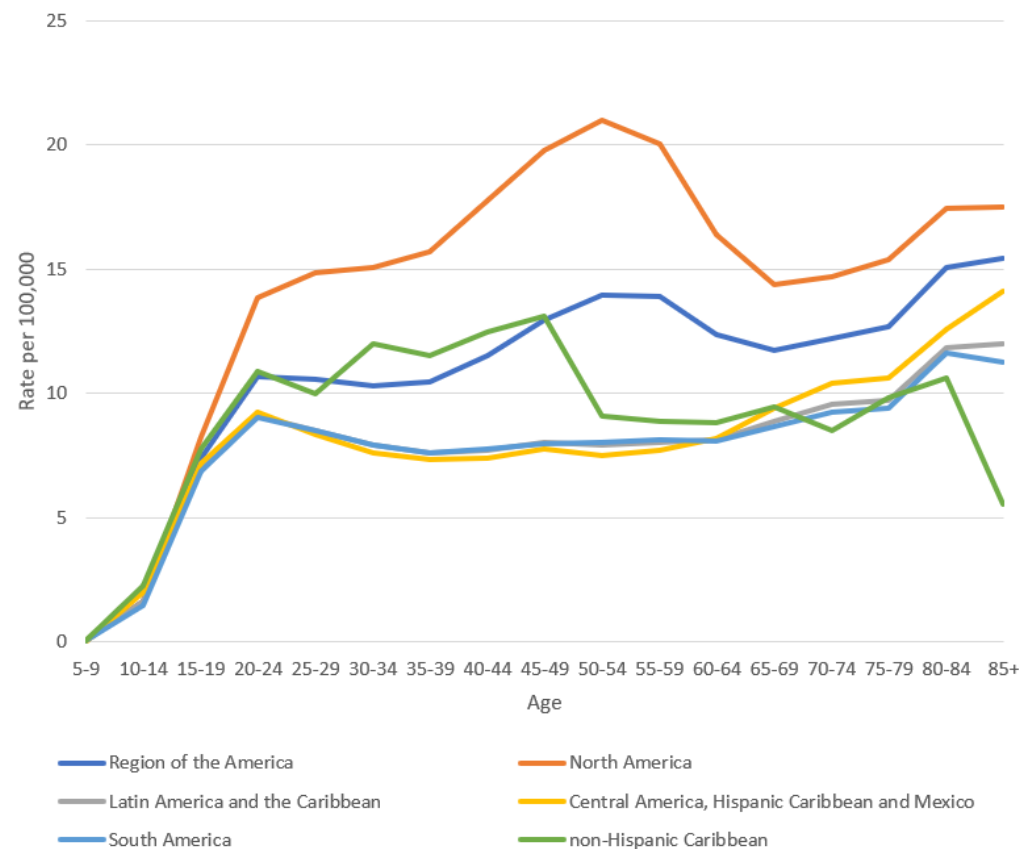
Source: WHO Global Health Estimates ([http://www.who.int/healthinfo/global\\_burden\\_disease/estimates](http://www.who.int/healthinfo/global_burden_disease/estimates))



# Suicide in the Americas



Suicide rates per 100,000 population, by age group, in the Region of the Americas and its subregions, both sexes, 2010–2014.



- Between 2010-2014, the average number of deaths due to suicide in the Region was nearly 82,000, or an age-adjusted rate of 9.2 per 100,000.
- Suicide was the third leading cause of death in the Americas among people ages 10 to 44.
- In the Americas, as well as globally, rates of suicide in men continue to be higher than those in women, representing 78% of all deaths by suicide.

# Suicide in the Americas



## Methods used in suicide, by sexes (percentage), 2010-2014

Region and subregions	Suffocation	Poisoning drugs	Poisoning Chemicals	Firearm	Fire	Jumping	Drowning	Cutting	Blunt	Other
	Both Sexes									
Region of the Americas	43.6	9.1	7.5	31.0	0.8	3.2	1.0	1.6	0.7	1.4
North America	27.4	13.9	3.3	46.9	0.5	3.7	1.1	1.9	0.7	0.5
Latin America and the Caribbean	64.3	2.9	13.0	10.7	1.3	2.4	0.9	1.3	0.6	2.6
Central America, Hispanic Caribbean and Mexico	68.8	2.3	15.4	8.2	1.2	1.2	0.4	1.0	0.1	1.2
South America	63.4	3.2	10.6	11.9	1.3	3.0	1.1	1.4	0.8	3.3
Non-Hispanic Caribbean	35.2	2.1	56.0	2.5	0.8	1.4	0.5	0.5	0.2	0.8



# Suicide in the Americas



## Male to female suicide ratio, by age groups, 2010-2014

Regions and subregions	Age-unadjusted	Age-adjusted	10-19	20-24	25-44	45-59	60-69	70+
Region of the Americas	3.7	3.7	2.1	4.2	3.9	3.3	4.1	7.8
North America	3.6	3.5	2.9	4.3	3.4	2.9	3.7	7.9
Latin America and the Caribbean	3.9	4.0	1.8	4.1	4.5	4.1	5.0	7.6
Central America, Hispanic Caribbean and Mexico	4.2	4.4	1.7	4.0	5.2	5.4	5.3	8.4
South America	3.8	3.9	1.9	4.2	4.3	3.7	4.9	7.3
Non-Hispanic Caribbean	3.6	3.6	1.2	2.7	4.2	5.1	4.3	6.3

# Key Risk Factors for Suicide



## **Health Systems and Society**

- Barriers to accessing health care
- Access to the means for committing suicide
- Inappropriate media reporting on suicide
- Stigma associated with help-seeking behavior

## **Community**

- Disaster, war and conflict
- Stresses of acculturation and dislocation
- Discrimination
- Trauma or abuse

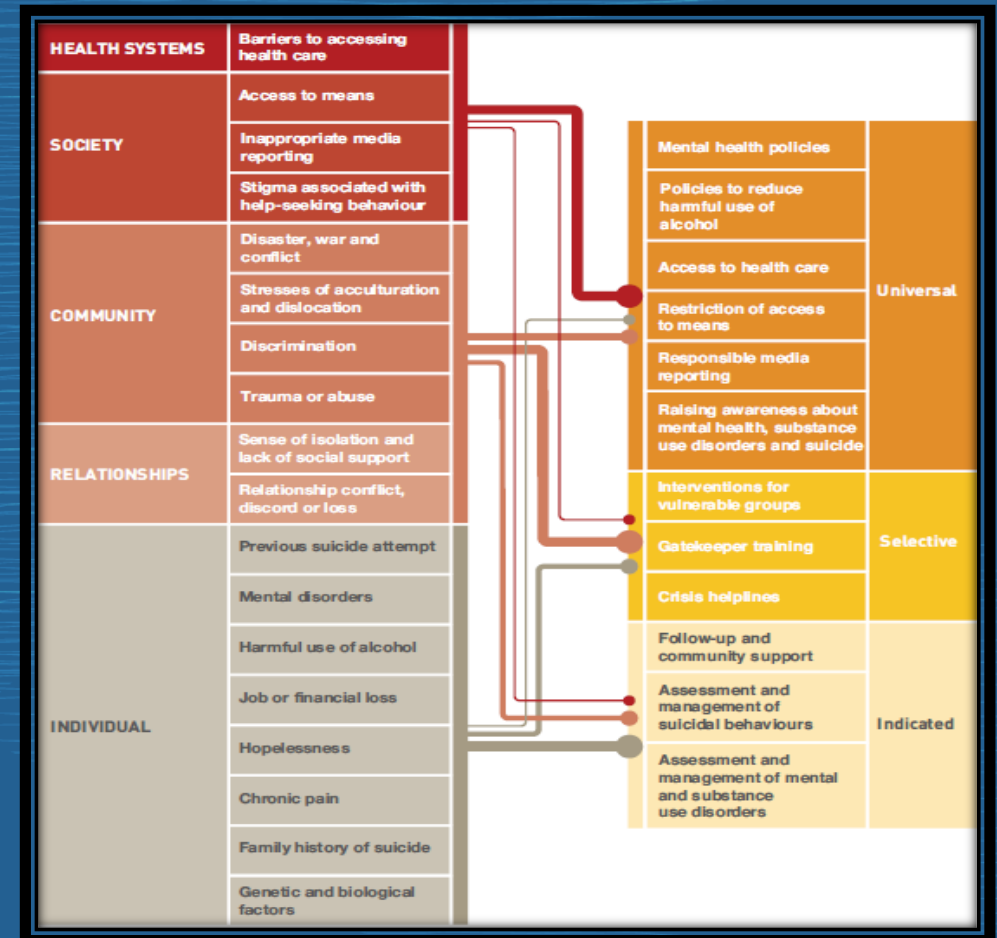
## **Individual**

- Previous suicide attempt
- Mental disorders
- Family history of suicide
- Harmful use of alcohol
- Hopelessness
- Chronic pain
- Job or financial loss
- Genetic and biological factors

# Evidence-based Interventions



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



Source: Preventing Suicide – A global Imperative, WHO. 2014

# PAHO Plan of Action on Mental Health 2015-2020



Source: <http://bit.ly/29rY8yG>

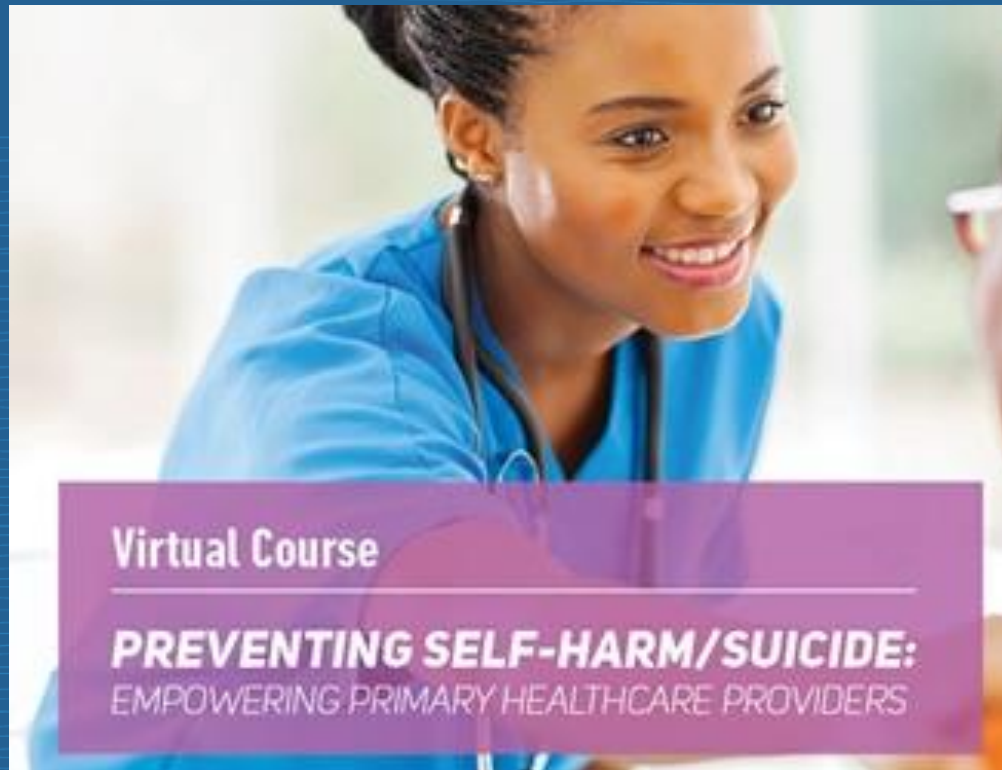
Objective	Indicator	Baseline (2013)	Midterm (2017)	Target (2020)
3.2. Implement suicide prevention programs	3.2.1 Annual number of suicide deaths per 100,000 population. No increase in the regional suicide rate by 2020 compared to 2013.	7.3/100,000 population	19 of 34 countries with available data had an annual rate lower than the baseline	<7.3/100,000 population
	3.2.2 Number of countries that develop and implement national suicide prevention programs.	6	11 (in 2015)	20



# Suicide Prevention Virtual Course



*Preventing Self-harm/suicide: Empowering Primary Health Care Providers*



# Suicide Prevention Virtual Course



*Preventing Self-harm/suicide: Empowering Primary Health Care Providers*

- **Free**, self-directed and available in **English and Spanish** on PAHO's Virtual Campus for Public Health.
- Seeks to strengthen the capacities of **primary healthcare professionals** in identifying, evaluating and improving the approach towards suicidal behaviors in service users.
- Divided into **seven modules**.
- Based on the World Health Organization's (WHO) Intervention Guide for Mental, Neurological and Substance Use Disorders (mhGAP-IG).



# World Mental Health Day 2019



**World Mental Health Day 2019**

**Working together to prevent suicide**

**A day for “40 seconds of action”**



**Share your messages, photos, illustrations and videos** that are not of a private nature on Twitter or Instagram using the hashtag **#40seconds**. Include **#WorldMentalHealthDay** in your posts too.

## Here are some more ideas:

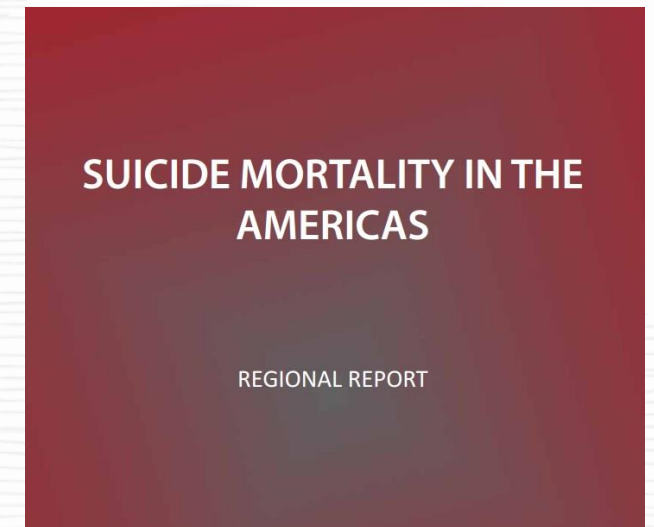
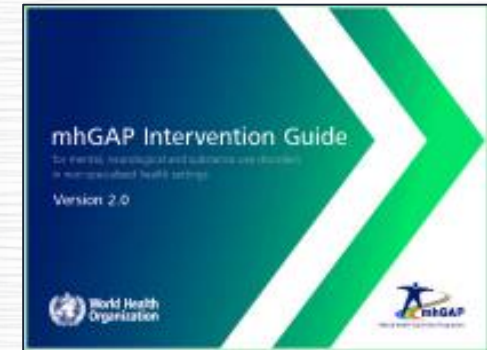
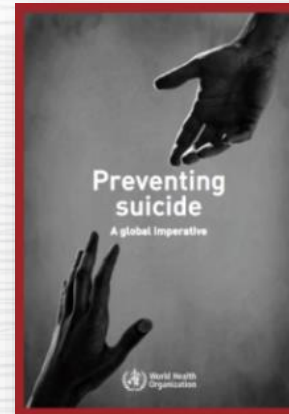
- If you are struggling, take 40 seconds to kickstart a conversation with someone you trust about how you are feeling.
- If you know someone who has lost a loved one to suicide, take 40 seconds to start a conversation and ask them how they are doing.
- If you work in media, highlight the 40-second statistic in interviews, articles and blogposts.
- If you work in the arts or on digital platforms, interrupt your production or broadcast to transmit a 40-second message about mental health or preventing suicide.
- If you are an employer or manager, take 40 seconds to formulate a positive message of support to your employees about resources available to them in the workplace or local community in times of mental distress.



# PAHO/WHO Technical Resources



- Preventing Suicide: A Global Imperative (2014):  
[http://www.who.int/mental\\_health/suicide-prevention/world\\_report\\_2014/en/](http://www.who.int/mental_health/suicide-prevention/world_report_2014/en/)
- Suicide Mortality in the Americas (2014):  
[http://www.paho.org/hq/index.php?option=com\\_content&view=article&id=10114%3A2014-new-paho-report-more-than-7-suicides-per-hour-in-the-americas&Itemid=1926&lang=en](http://www.paho.org/hq/index.php?option=com_content&view=article&id=10114%3A2014-new-paho-report-more-than-7-suicides-per-hour-in-the-americas&Itemid=1926&lang=en)
- mhGAP Intervention Guide, Version 2.0 (2016):  
[http://www.who.int/mental\\_health/mhgap/mhGAP\\_intervention\\_guide\\_02/en/](http://www.who.int/mental_health/mhgap/mhGAP_intervention_guide_02/en/)
- Preventing suicide: a community engagement toolkit Pilot version 1.0 (2016): [http://www.who.int/mental\\_health/suicide-prevention/community\\_engagement\\_toolkit\\_pilot/en/](http://www.who.int/mental_health/suicide-prevention/community_engagement_toolkit_pilot/en/)

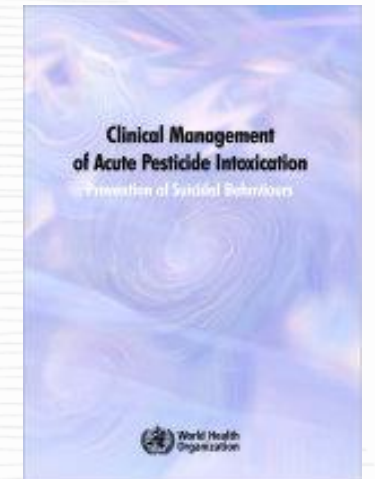
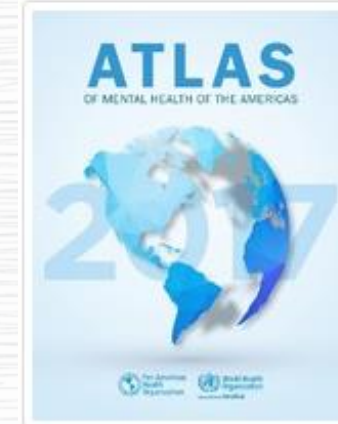
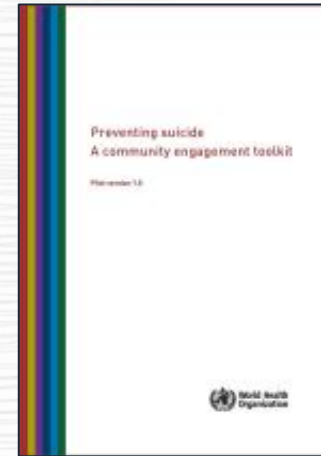




# PAHO/WHO Technical Resources



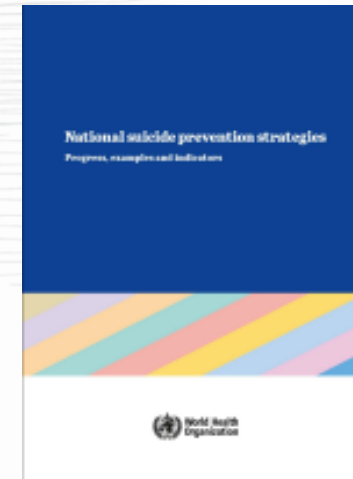
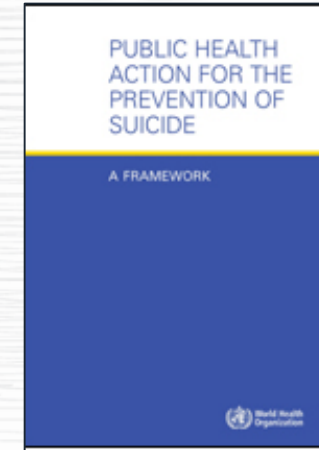
- Atlas of Mental Health of the Americas (2017):  
<http://iris.paho.org/xmlui/handle/123456789/49664>
- Prevention of suicidal behavior (2016):  
<http://iris.paho.org/xmlui/handle/123456789/31166>
- Practice manual for establishing and maintaining surveillance systems for suicide attempts and self-harm(2016):  
[http://www.who.int/mental\\_health/suicide-prevention/attempts\\_surveillance\\_systems/en/](http://www.who.int/mental_health/suicide-prevention/attempts_surveillance_systems/en/)
- Clinical Management of Acute Pesticide Intoxication: Prevention of Suicidal Behaviors (2008):  
[http://www.who.int/mental\\_health/publications/9789241596732/en/](http://www.who.int/mental_health/publications/9789241596732/en/)
- Pharmacological treatment of mental disorders in primary health care (2009):  
[http://www.who.int/mental\\_health/management/psychotropic/en/](http://www.who.int/mental_health/management/psychotropic/en/)



# PAHO/WHO Technical Resources



- The Burden of Mental Disorders in the Region of the Americas, 2018 (2018):  
<http://iris.paho.org/xmlui/handle/123456789/49578>
- National suicide prevention strategies: progress, examples and indicators (2018):  
[https://www.who.int/mental\\_health/suicide-prevention/national\\_strategies\\_2019/en/](https://www.who.int/mental_health/suicide-prevention/national_strategies_2019/en/)
- Public health action for the prevention of suicide (2012):  
[https://www.who.int/mental\\_health/publications/prevention\\_suicide\\_2012/en/](https://www.who.int/mental_health/publications/prevention_suicide_2012/en/)
- Preventing suicide: a resource for media professionals - update 2017:  
[https://www.who.int/mental\\_health/suicide-prevention/resource\\_booklet\\_2017/en/](https://www.who.int/mental_health/suicide-prevention/resource_booklet_2017/en/)
- Preventing suicide: a resource series  
[https://www.who.int/mental\\_health/resources/preventingsuicide/en/](https://www.who.int/mental_health/resources/preventingsuicide/en/)





PAHO/WHO

**Thank you!**  
**For more information on World Suicide Prevention Day 2019, please visit:**

<https://www.iasp.info/wspd2019/>

