

World Suicide Prevention Day 10 September



**Preventing Suicide:
Reaching Out and Saving
Lives**



**Pan American
Health
Organization**



**World Health
Organization**
REGIONAL OFFICE FOR THE **Americas**



“Preventing Suicide: Reaching Out and Saving Lives”

This is the slogan for the 2015 World Suicide Prevention Day

Since 2003, every September 10, the International Association for Suicide Prevention (IASP) and the World Health Organization (WHO) promote the World Suicide Prevention Day.



Data and General Figures published by WHO

- More than **800,000** people around the world die from suicide every year.
- For each suicide, there is the probability of having committed more than 20 attempts.
- **75%** of suicides occur in low-income and medium countries.
- Pesticide intoxication, hanging and firearms are among the most common methods of suicide worldwide.

Data and General Figures published by WHO

- Suicide is the **second-leading cause of death in 15-29-year-olds** globally.
- The suicidal behaviors represent **15%** of the 15,000 fatal accidents that daily occur around the world.
- **Men** commit more **suicides** than women, however more women attempt suicide.
- Between the general population, an attempt of unconsummated suicide is the individual factor of more important risk.

PAHO recognizes that **suicide is public health priority**, has included suicide as one of its indicators of impact on the **Plan of Action of Mental Health 2015-2020**



Agreed upon commitment by all the countries of the region

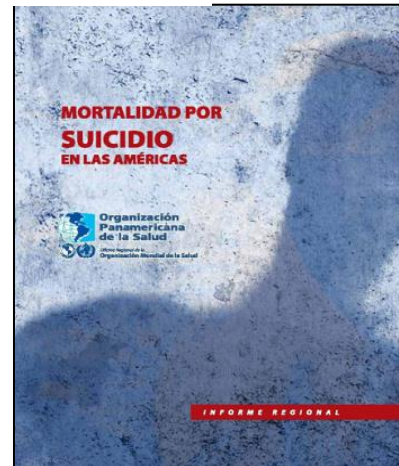
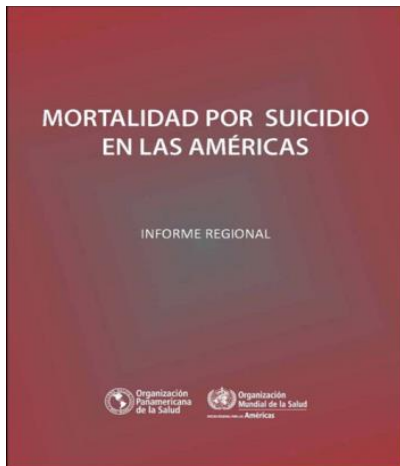




Suicide problems in the Region of the Americas

Data analysis :

- 1990-2009
- 2005-2009



Panorama of suicide in the Region of the Americas

- A total of 65,000 people die from suicide every year in the region.
- Suicide represents 12.4% of the external causes of death in the Americas:
 - 19.5% in North America, and
 - 7.9% in South America
- Suicide is around 4 times more in men than in women. However the attempts are greater in the women.

Panorama of suicide in the Region of the Americas

Age and suicide

- 36.8%, of suicides was seen among the 25 and the 44 years and 25.6% among the 45 and the 59 years.

Suicide method varied with the sex

- In men: Asphyxiation is the most prevalent method followed by the firearms and poisoning.
- In the women: Poisoning and asphyxiation are the most common means to suicide.

Individual risk factors

1. Previous suicide attempt is the principal risk factor
2. Harmful use of alcohol and other substances
3. Job or financial loss
4. Chronic pain and illness
5. Family history of suicide
6. Genetic and biological factors

Pertinent Interventions for the Health System

- Strengthening of mental health policies.
- Implementing policies to reduce harmful use of alcohol.
- Increasing access to health-care services
- Restriction of access to means of suicide (e.g. pesticides, firearms, certain drugs)
- Raising awareness about mental health, substance use disorders and suicide

Key Messages

- **Suicides are preventable.** For national responses to be effective, a comprehensive multisectoral suicide prevention strategy is needed.
- **Restricting the availability, accessibility and attractiveness** of the means to suicide is a key component of suicide prevention efforts.
- **Training programs** for non-specialized health workers in the assessment and management of suicidal behaviors is a key way forward in suicide prevention
- Systematic **follow-ups** and effective **community support** are recommended to reduce suicide deaths and attempts
- Promote implementation of media guidelines to support **responsible reporting** of suicide in print, broadcasting and social media.

Advice for the communications media

WHAT TO DO?



- Work closely with the health authorities in the information on the facts.
- Describe suicide as an achieved fact, not as a successful one.
- Emphasize the suicide alternatives.
- Provide information for assistance and community resources.
- Promote risk indicators and warning signs.

Advice for the communications media

WHAT NOT TO DO?



- Do not publish photographs or notes related to suicide.
- Do not inform specific details about the suicide methods.
- Do not give simplistic reasons.
- Do not glorify nor sensationalize suicide.
- Do not use religious or cultural stereotypes.
- Do not blame or cause shame.

Common myths of the suicidal behavior

Myth

- Who speak about suicide do not have the intention of committing it

Truth

- Who speak about suicide can be requesting assistance or support. A significant number of people who include suicide present anxiety, depression, desperation and tend to lack another option

Common myths of the suicidal behavior

Myth

- The majority of suicides happen suddenly, without previous warning

Truth

- The majority of suicides have been preceded by signs of verbal or behavioral warning. Actually, some suicides are committed without previous warning. But it is important to know the warning signs and take them into account

Common myths of the suicidal behavior

Myth

- Only the people with mental disorders commit suicide

Truth

- The suicidal behavior indicates a profound unhappiness, but not necessarily a mental disorder. Many people who live with mental disorders are not affected by the suicidal behavior, and not all the people that kill themselves have a mental disorder

Common myths of the suicidal behavior

Myth

- Person who has attempted to commit suicide, will never attempt again

Fact

- The suicide attempts are a fundamental prognosis to consummate suicide. It is considered as an important irrigation factor

Individual health care with suicidal behavior

Care with
confidence

Deal with
respect

Empathize
with the
emotions

Hear with
compassion and
comprehension



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