



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

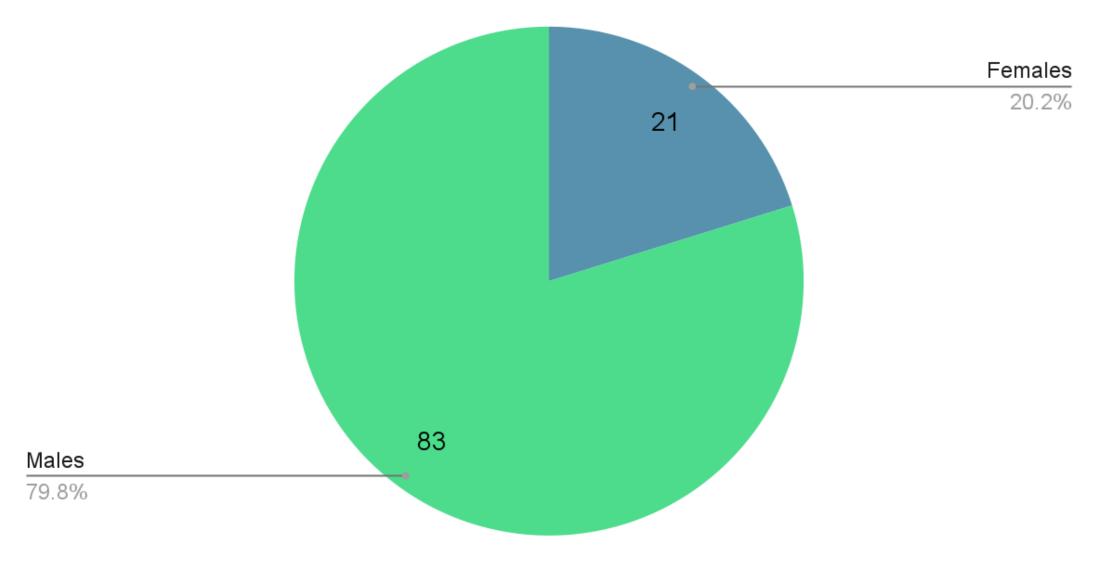
Regional Average 9.0

National Average 8.3



Suicide Deaths in Trinidad and Tobago for the Year 2020

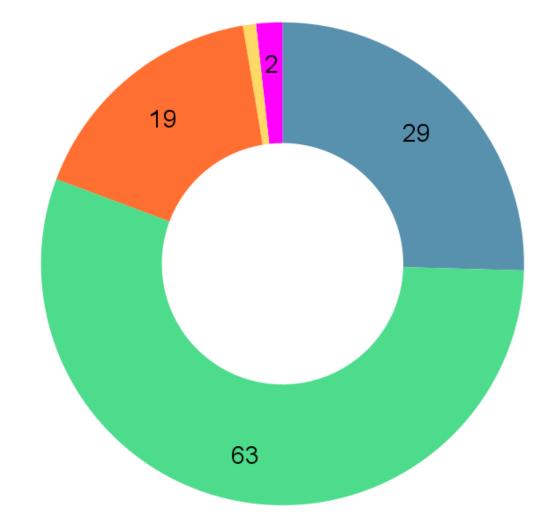
Total number of deaths- 104





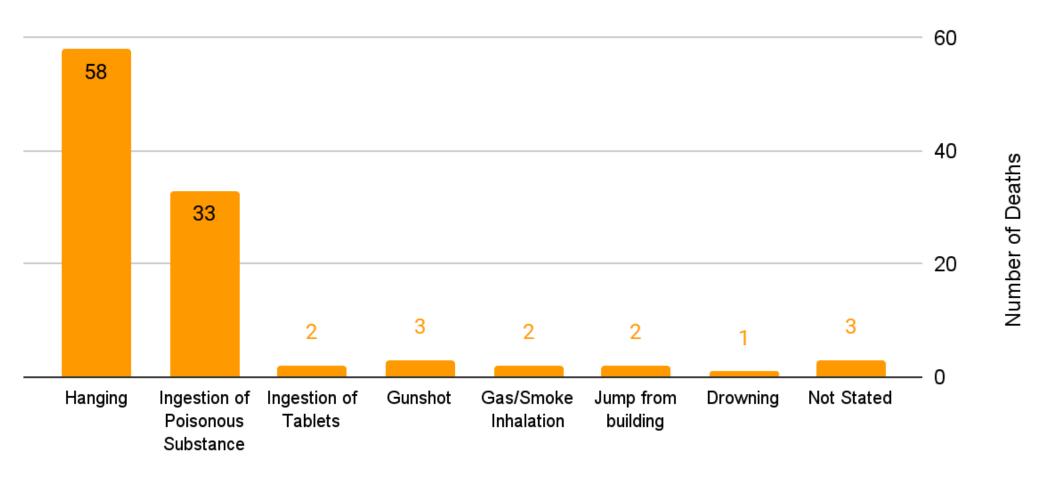
Ethnic Group Distribution of Suicide Deaths in Trinidad and Tobago for the Year 2020

- African
- East Indian
- Mixed
- Caucasion
- Chinese





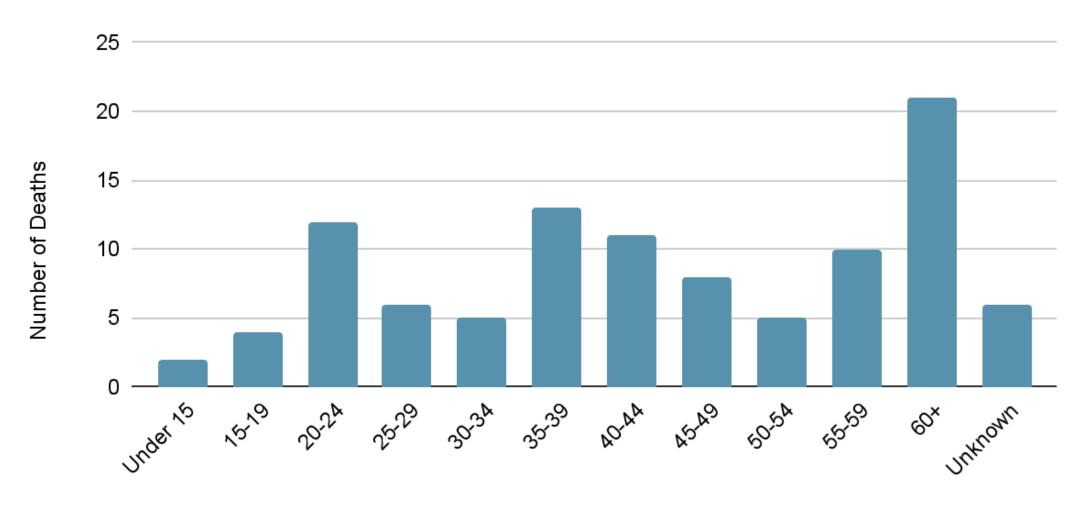
Method of Suicide Deaths in Trinidad and Tobago for the Year 2020



Methods



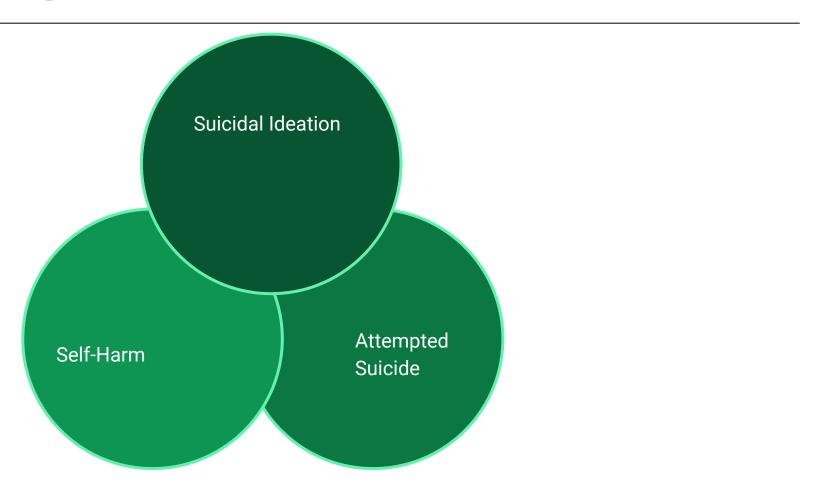
Age Distribution of Suicide Deaths in Trinidad and Tobago for the Year 2020



Age Ranges



Suicidal Behaviour in Trinidad and Tobago





WHO Global School-based Student Health Survey 2017 Trinidad and Tobago

Results for students aged 13-17	Total	Boys	Girls
Percentage of students who ever seriously considered attempting suicide during the past 12 months	22.8	13.9	31.4
	(19.5-26.6)	(10.3-18.4)	(26.6-36.7)
Percentage of students who actually attempted suicide one or more times during the past 12 months	15.4	11.7	19.3
	(12.6-18.7)	(8.7-15.5)	(15.5-23.9)
Percentage of students who had no close friends	9.7	12.5	6.8
	(7.5-12.4)	(8.9-17.1)	(4.7-9.7)



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



2019

Technical Stakeholder Consultation on Draft Suicide Prevention Strategy

Declaration of National Behavioural Health Week



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

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"

2018

COVID-19 delays

Establishment of Mental Health and Psychosocial Support Services network (MHPSS)

Review and Revision of Strategy

2020



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, evidencebased 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
BUISNESS