

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

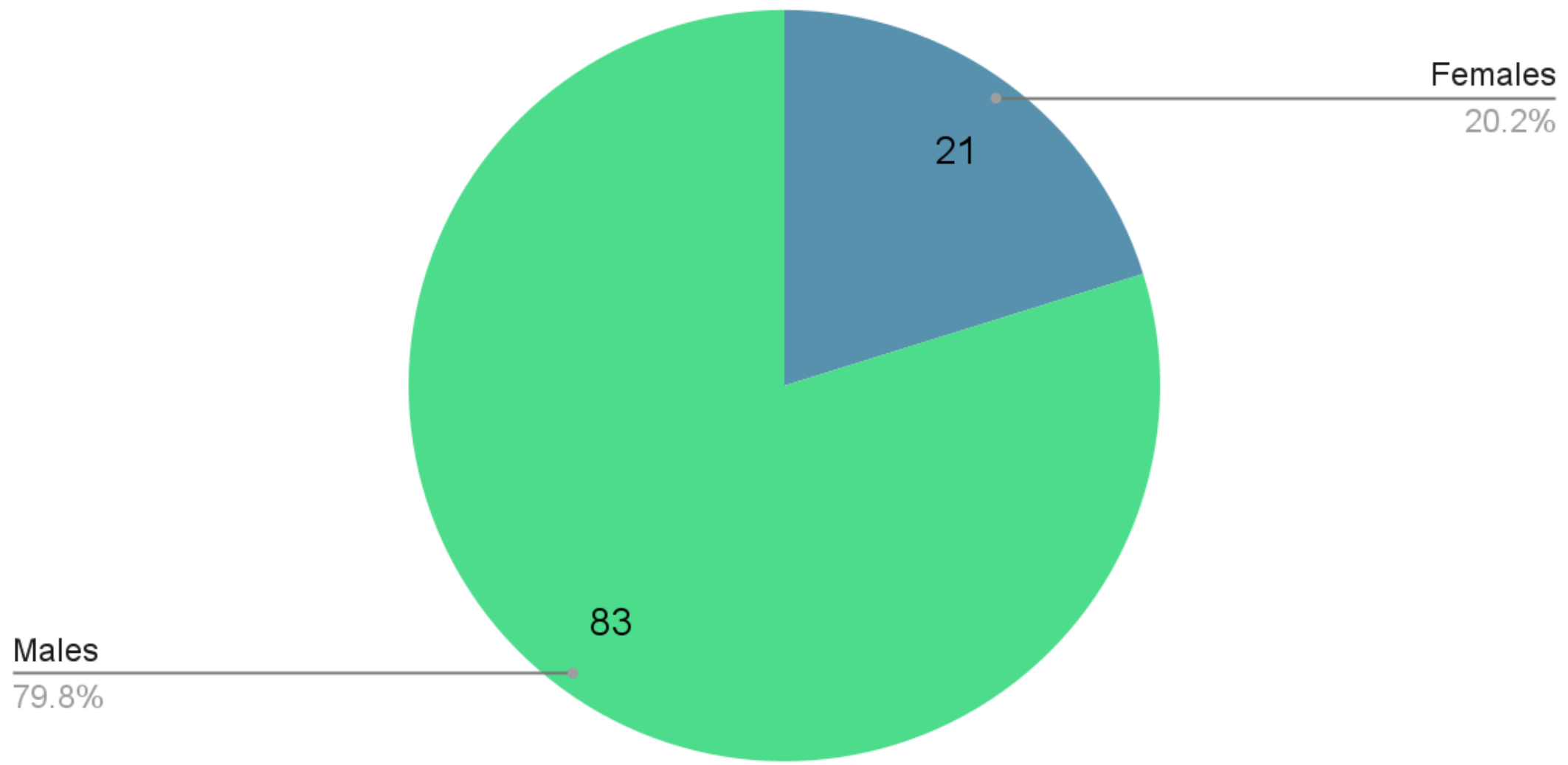
Regional Average 9.0

National Average 8.3



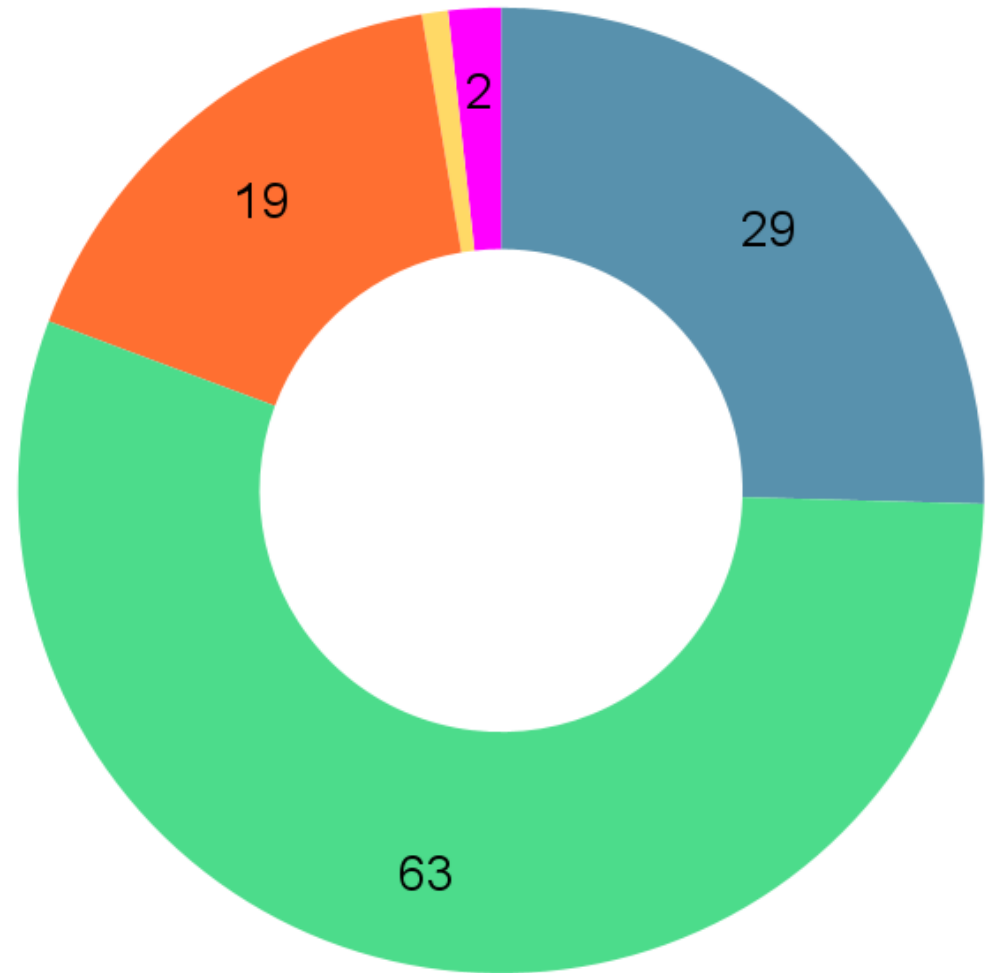
Suicide Deaths in Trinidad and Tobago for the Year 2020

Total number of deaths- 104

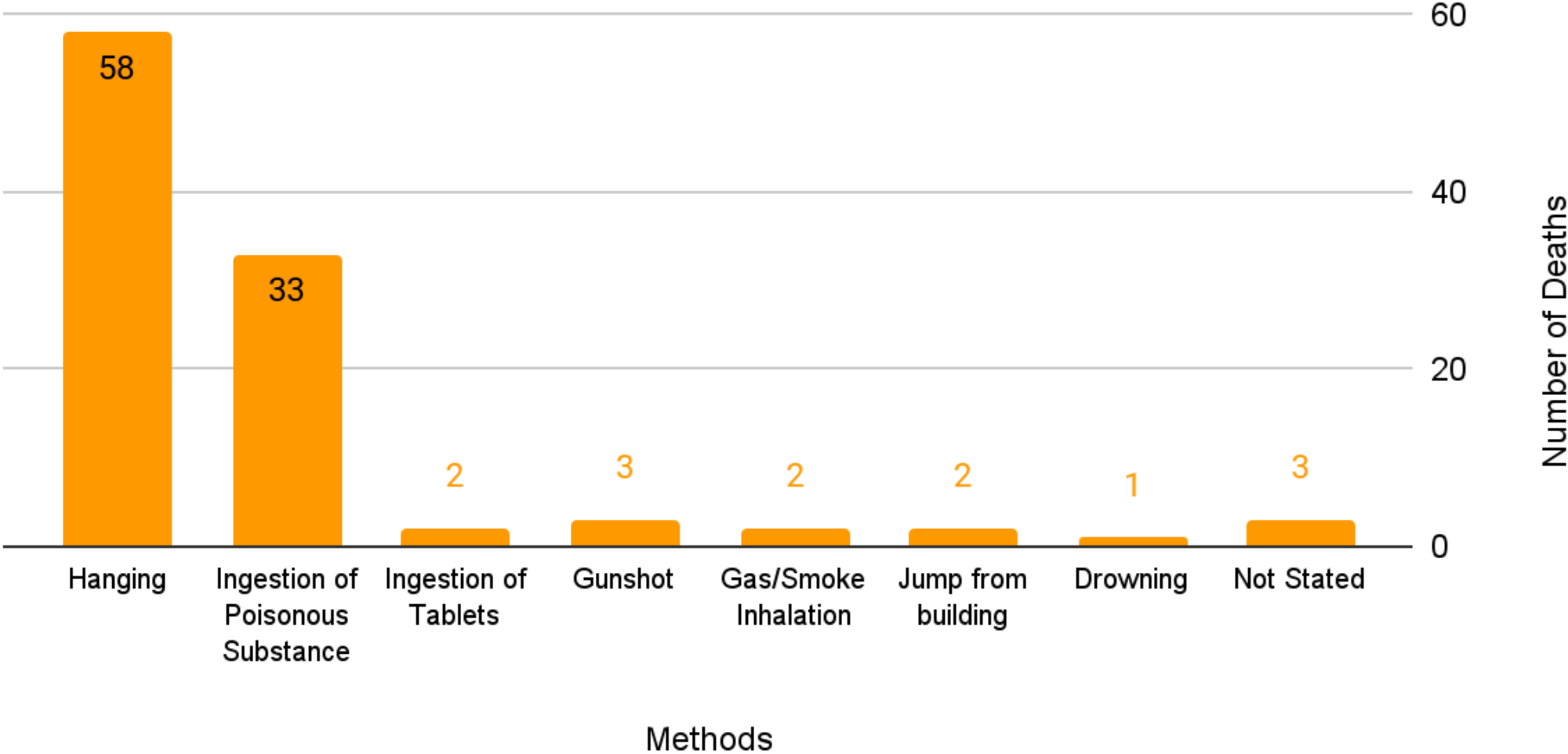


Ethnic Group Distribution of Suicide Deaths in Trinidad and Tobago for the Year 2020

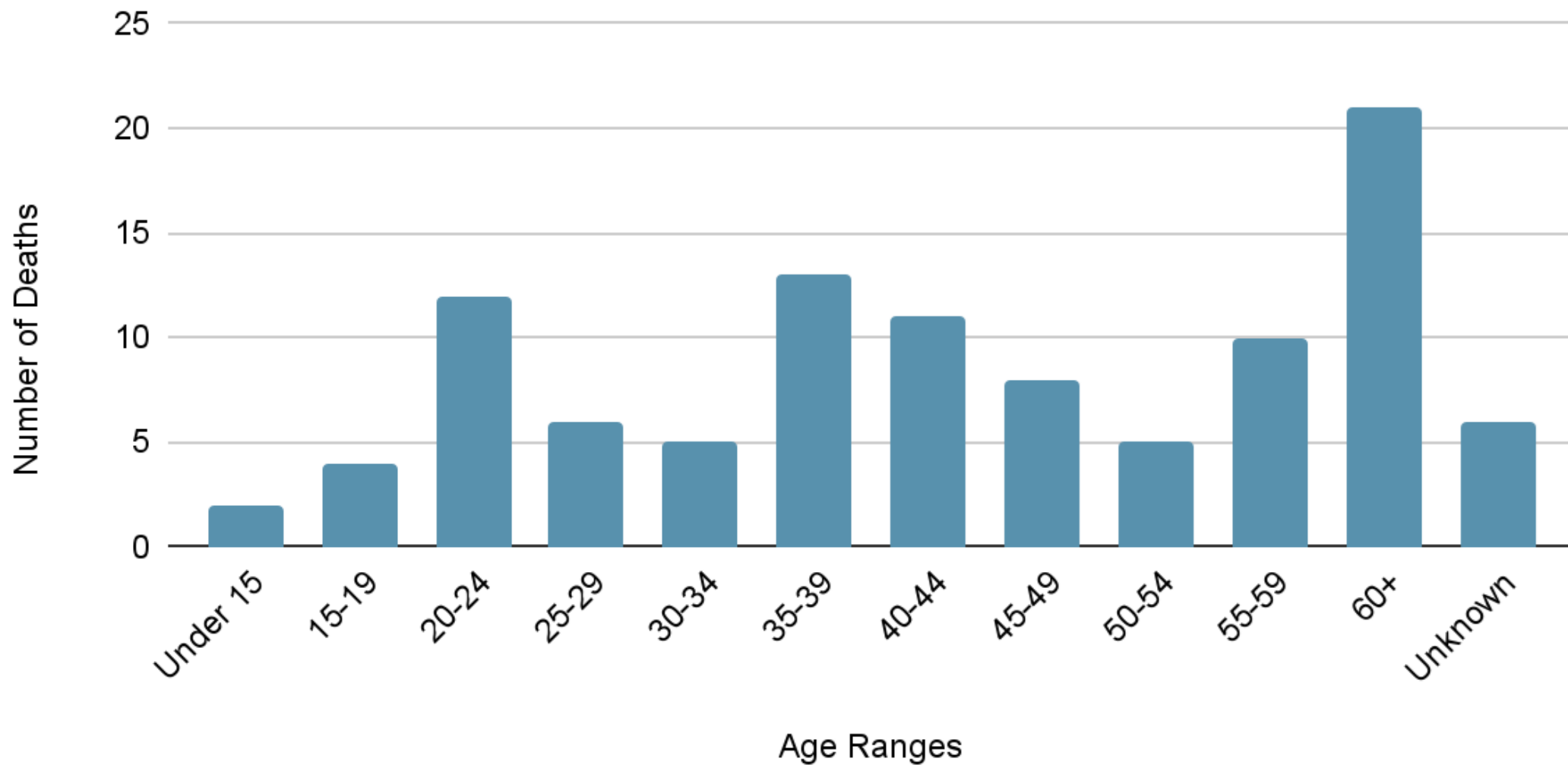
- African
- East Indian
- Mixed
- Caucasion
- Chinese



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

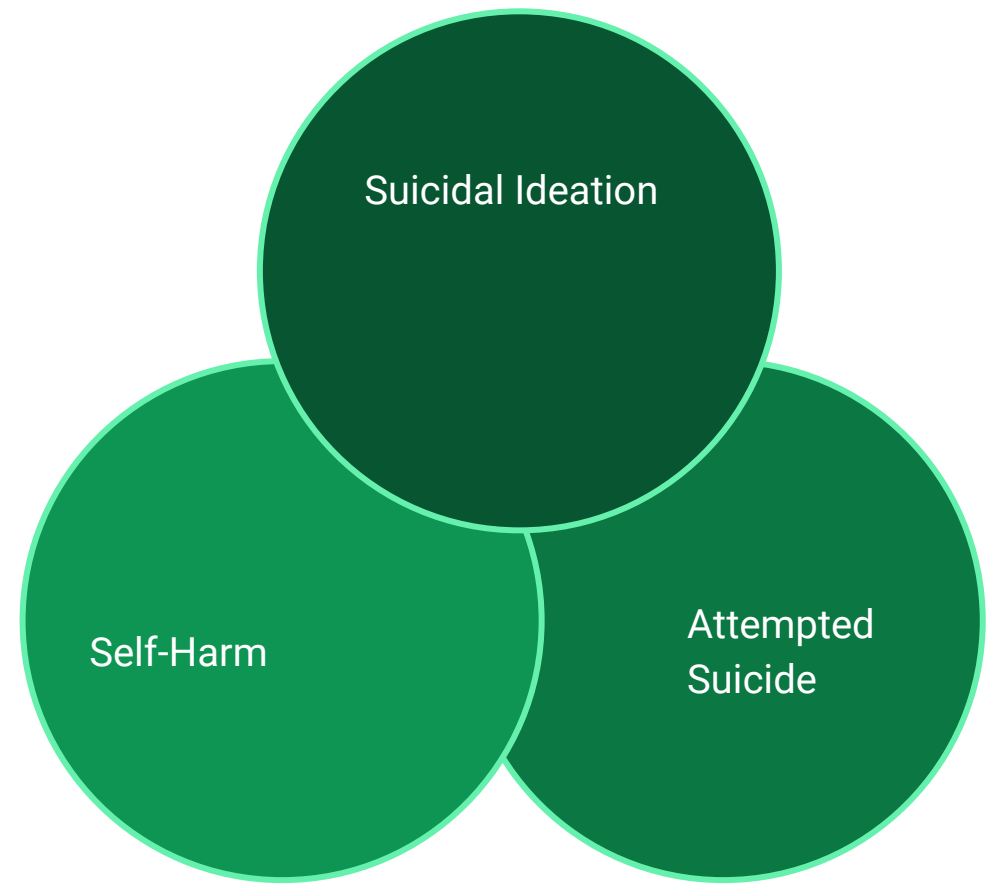


Age Distribution of Suicide Deaths in Trinidad and Tobago for the Year 2020





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 (19.5-26.6)	13.9 (10.3-18.4)	31.4 (26.6-36.7)
Percentage of students who actually attempted suicide one or more times during the past 12 months	15.4 (12.6-18.7)	11.7 (8.7-15.5)	19.3 (15.5-23.9)
Percentage of students who had no close friends	9.7 (7.5-12.4)	12.5 (8.9-17.1)	6.8 (4.7-9.7)



Suicide Prevention in Trinidad and Tobago

Lifeline
(established in
1978)

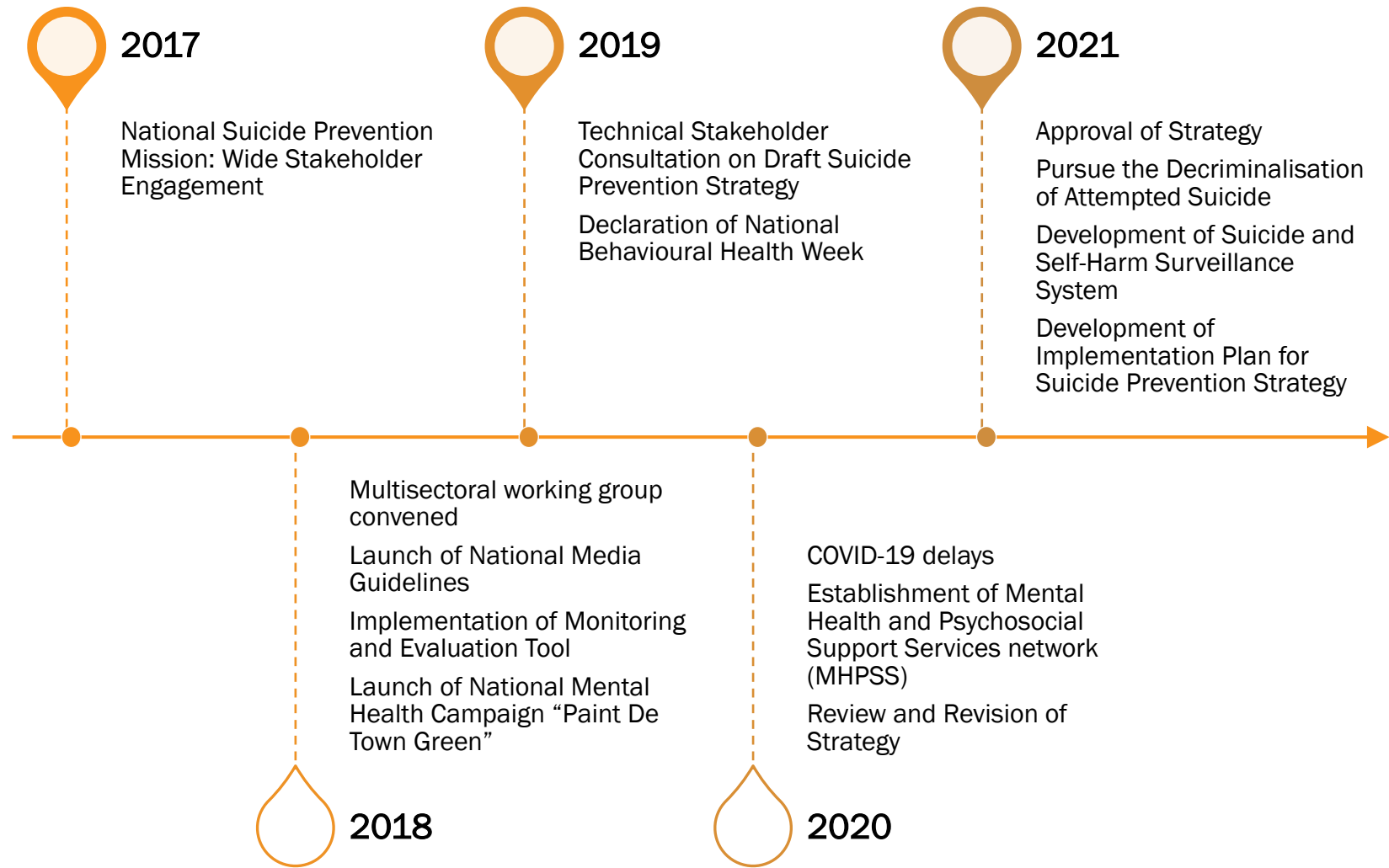
Psychiatric
Services
mhGAP training on
Self-harm/Suicide

Advocacy by
persons with lived
experience

Mental Health
Promotion by
NGOs/CBOs

Support Groups by
survivors

Towards a Comprehensive Collaborative National Response





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