



Pan American
Health
Organization



World Health
Organization

REGIONAL OFFICE FOR THE
Americas



Connect
Communicate
Care

World Suicide Prevention Day
September 10, 2016

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The theme for World Suicide Prevention Day, 2016

Connect. Communicate. Care.

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



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Connect

Social connectedness reduces the risk of suicide. Connecting people with formal and informal supports may also help to prevent suicide. Fostering connections with those who have lost a loved one to suicide or have been suicidal themselves is crucial to furthering suicide prevention efforts.



Communicate

The ability to communicate and interact effectively with those who might be vulnerable to suicide is an important part of any suicide prevention strategy.



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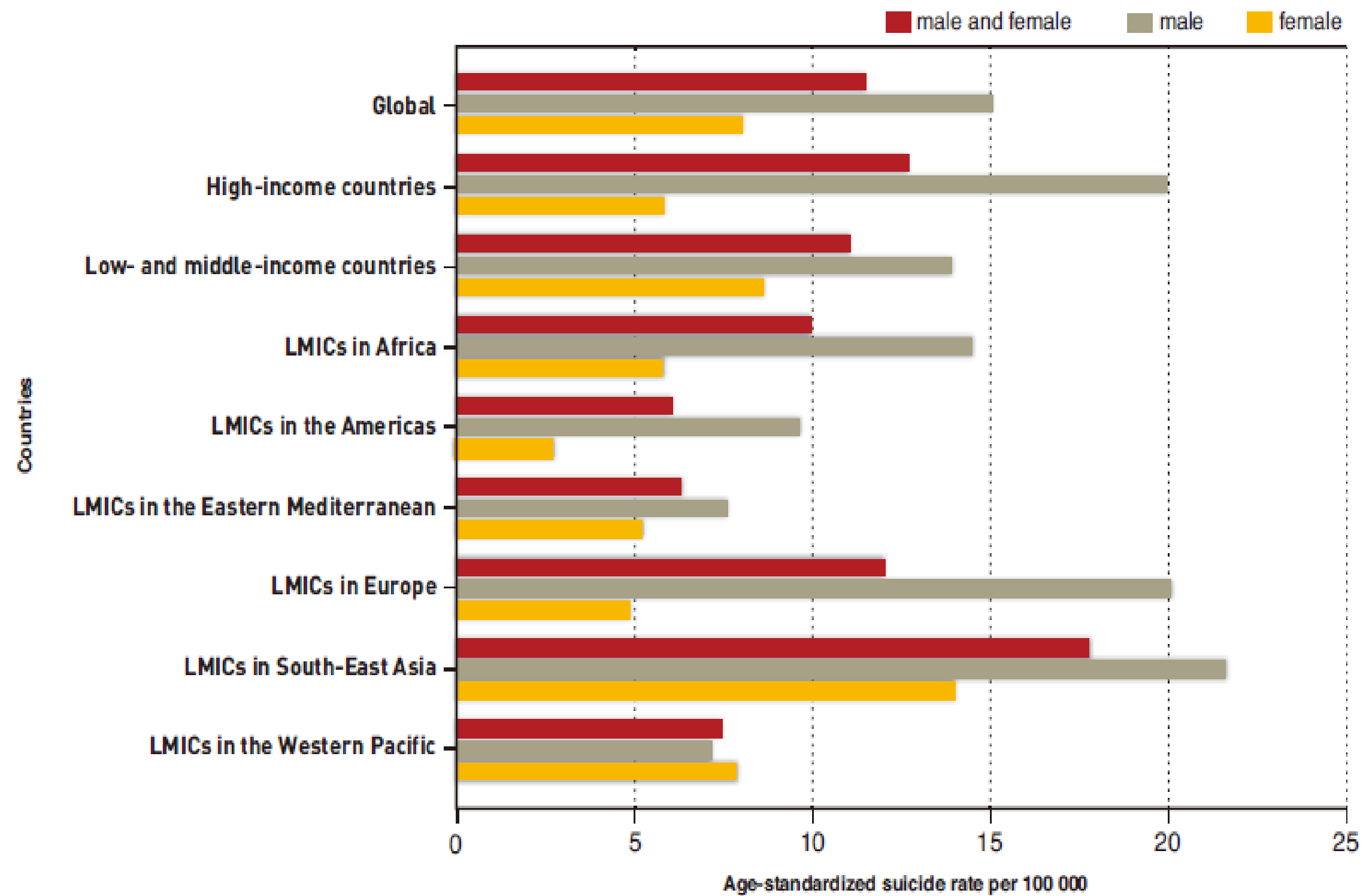
Care

Governments and health service providers need to prioritize suicide prevention. Communities have a key role to play in caring for vulnerable persons and those at risk of suicide by effectively supporting their needs.



Global Suicide Facts

Figure 4. Age-standardized suicide rates in different regions of the world, 2012



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

Every year, over 800,000 people die from suicide.

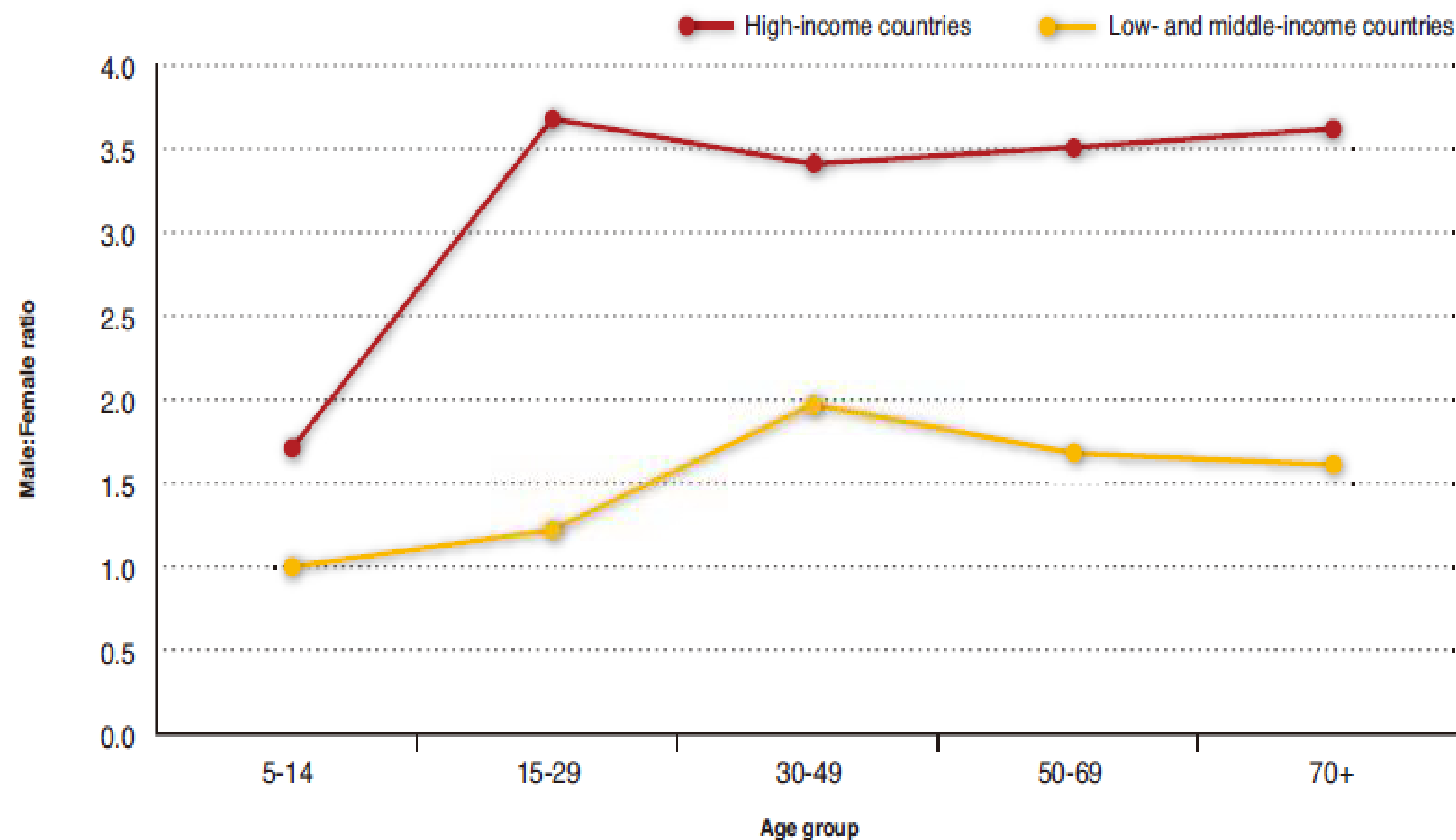
One death every 40 seconds

Suicide deaths exceeds homicide and war combined deaths

The second leading cause of death in 15-29-year-olds

Global Suicide Facts

Figure 5. Male:Female ratio of suicide rates by age group and income-level of country, 2012



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

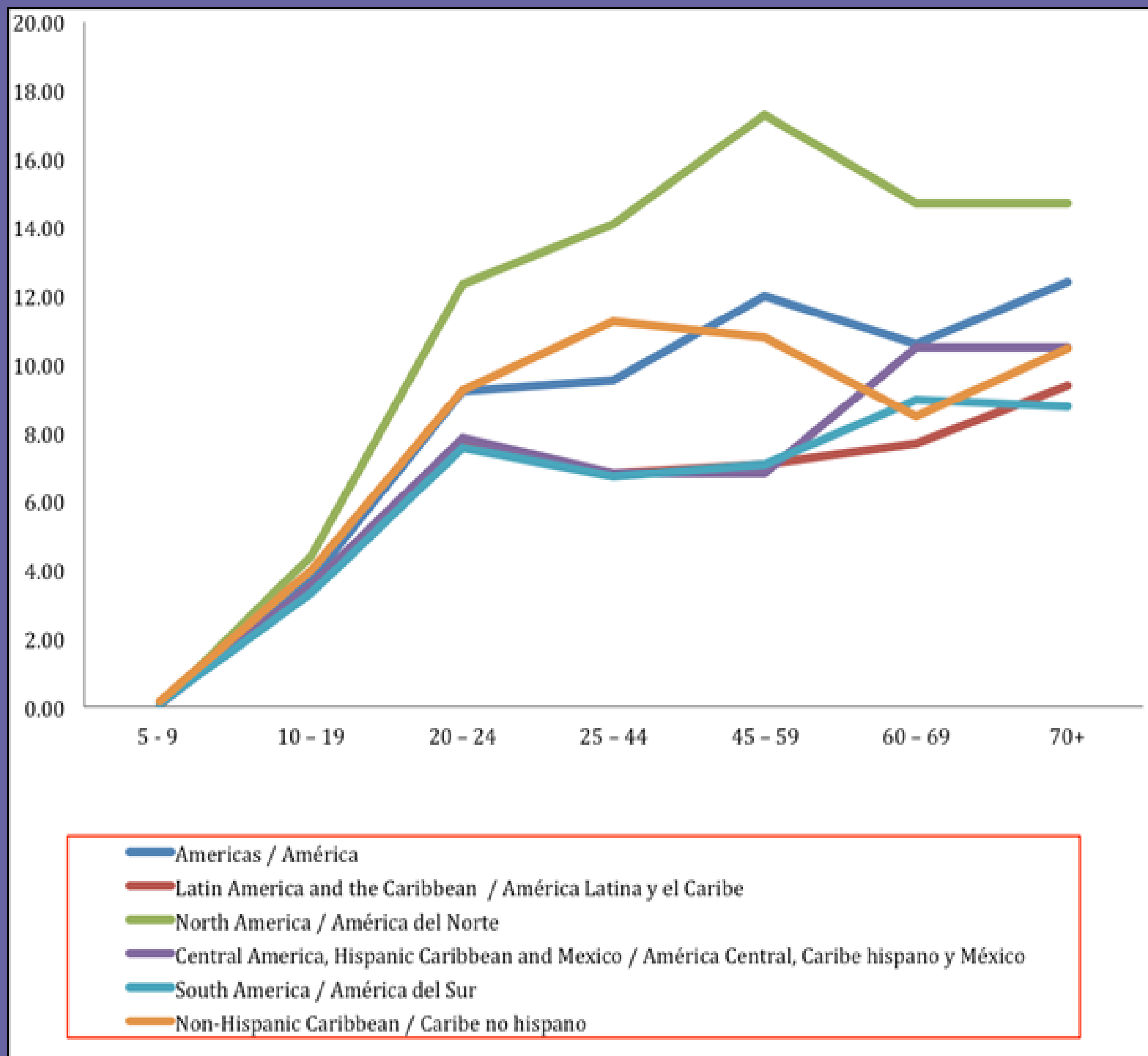
Men commit more suicides than women, however more women attempt suicide

For each suicide, there is likely to be more than 20 other attempts

REGION	AGE-UNADJUSTED RATES			AGE-ADJUSTED RATES		
	BOTH SEXES	MALES	FEMALES	BOTH SEXES	MALES	FEMALES
AMERICAS	7.62	12.1	3.14	7.26	11.54	3.04
LATIN AMERICA AND THE CARIBBEAN	5.20	8.22	2.10	5.23	8.39	2.12
NORTH AMERICA	11.43	18.24	4.80	10.07	15.88	4.27
CENTRAL AMERICA, HISPANIC CARIBBEAN AND MÉXICO	5.06	8.11	1.97	5.30	8.50	2.02
SOUTH AMERICA	5.22	8.18	2.13	5.16	8.27	2.13
NON-HISPANIC CARIBBEAN	7.36	11.76	3.13	7.37	11.84	3.12

Source: Suicide Mortality in the Americas – Regional Report, PAHO. 2014

Suicide Mortality in the Americas



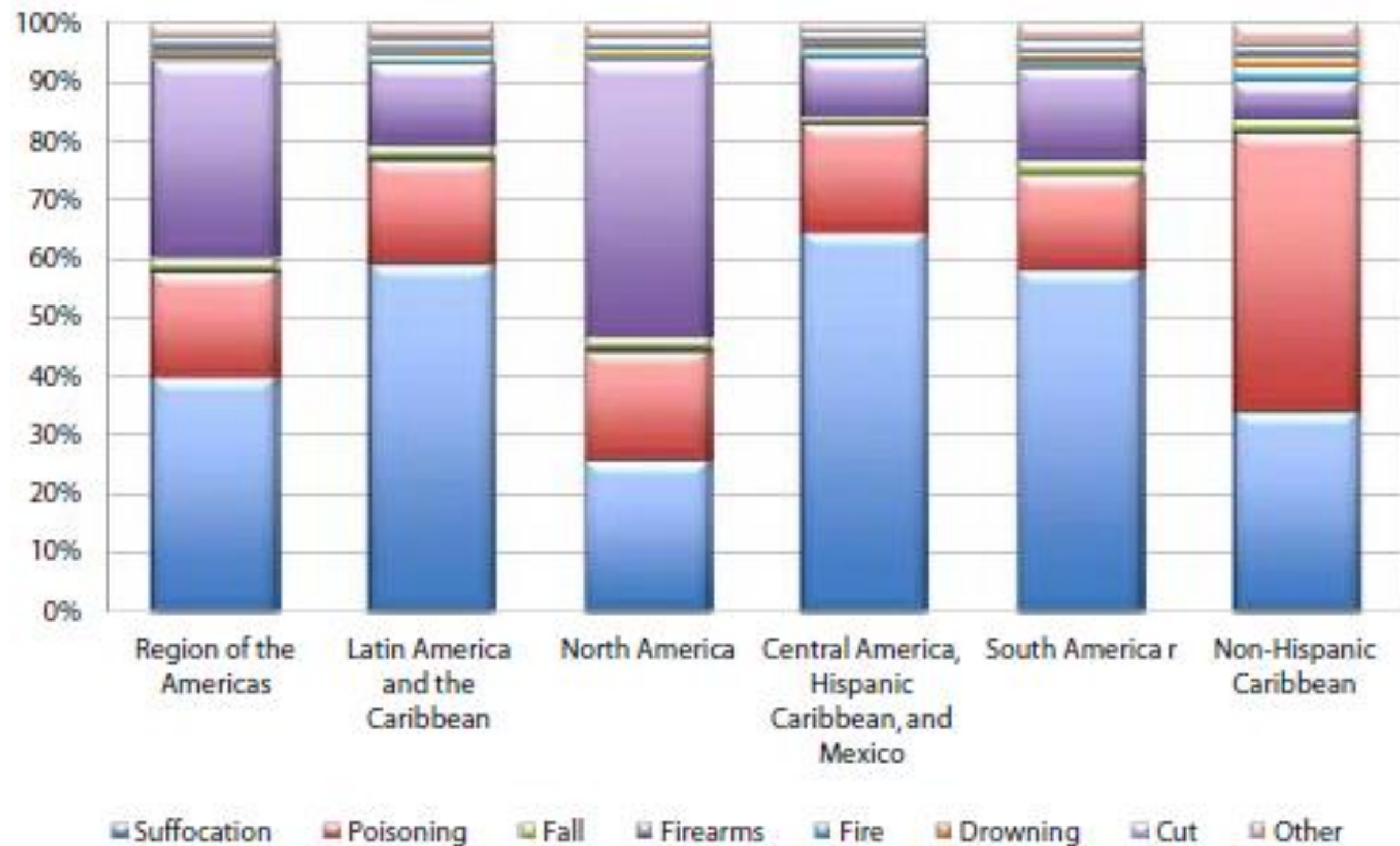
In the Americas, about 65,000 deaths occur from suicide each year

The Non-Hispanic Caribbean and North America experienced the highest rates of suicide

Male suicide rates remain higher than female rates, accounting for about 79% of all deaths from suicide

Suicide Mortality in the Americas

Suicide deaths by methods in the Americas, percentage of total for both sex, 2005-2009



The majority of suicides in the Region occurred in persons aged 25-44 (36.8%) and 45-59 (25.6%)

The reported deaths from suicide may be underestimated in many countries

The overall suicide rates for both sexes in Latin America and the Caribbean have increased from 1990 to 2009

Source: Suicide Mortality in the Americas – Regional Report, PAHO. 2014

Key Risk Factors Aligned With Relevant Interventions

Health System and Society:

- Barriers to accessing health care
- Easy availability of the means for suicide
- Inappropriate media reporting
- Stigma associated with help-seeking behavior

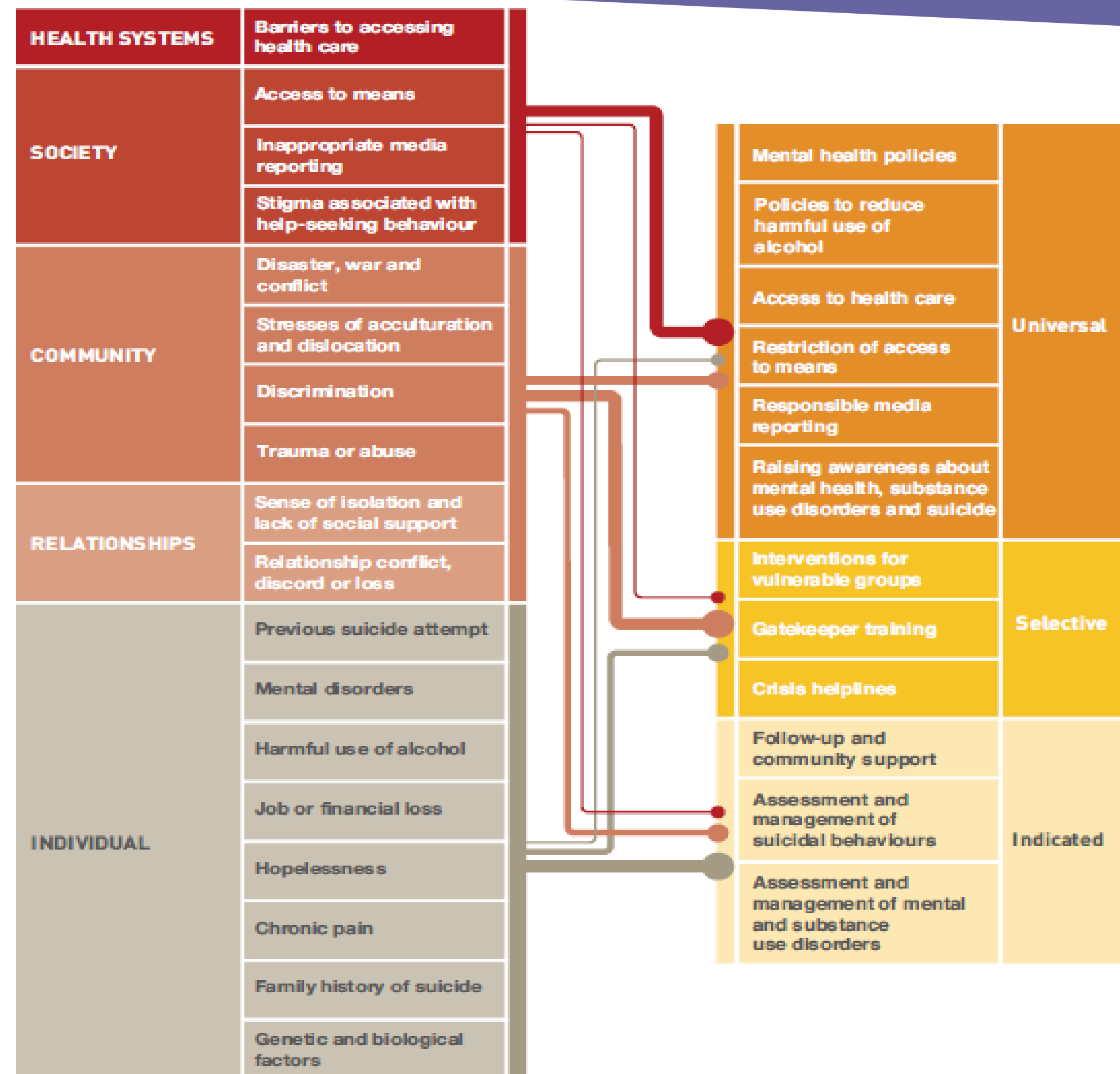
Community and Relationship:

- Stresses of acculturation and dislocation
- Sense of isolation and lack of social support
- Disaster, war and conflict
- Trauma or abuse
- Relationship conflict, discord or loss

Individual:

- Previous suicide attempts, mental problems, harmful use of alcohol, Job or financial loss, chronic pain, hopelessness, family history of suicide and genetic and biological factors

Key Risk Factors Aligned With Relevant Interventions



Evidence-based interventions:

- Restricting access to means
- Responsible media reporting
- Introduce Mental Health & Alcohol policies
- Early identification and treatment
- Training of health workers
- Follow-up care and community support

General Recommendations

All national suicide prevention strategies should set specific and clear objectives to address the following components:

- Conduct surveillance and improve data quality
- Engage key stakeholders
- Reduce access to means
- Engage the media
- Mobilize the health system and train health workers
- Conduct evaluation and research
- Crisis intervention
- Raise awareness
- Develop and implement comprehensive suicide prevention strategy

Objective	Indicator	Target
3.1 IMPLEMENT MENTAL HEALTH PROMOTION AND PREVENTION PROGRAMS...	3.1.1. Number of countries with operational multisectoral mental health promotion and prevention programs	Baseline I (2013) is :20 Target (2020) is: 25
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.
	3.2.2 Number of countries that develop and implement national suicide prevention programs.	Baseline (2013) is: 6 Target (2020) is : 20



PAHO Mental Health Action Plan

PAHO/WHO Technical Cooperation Tools

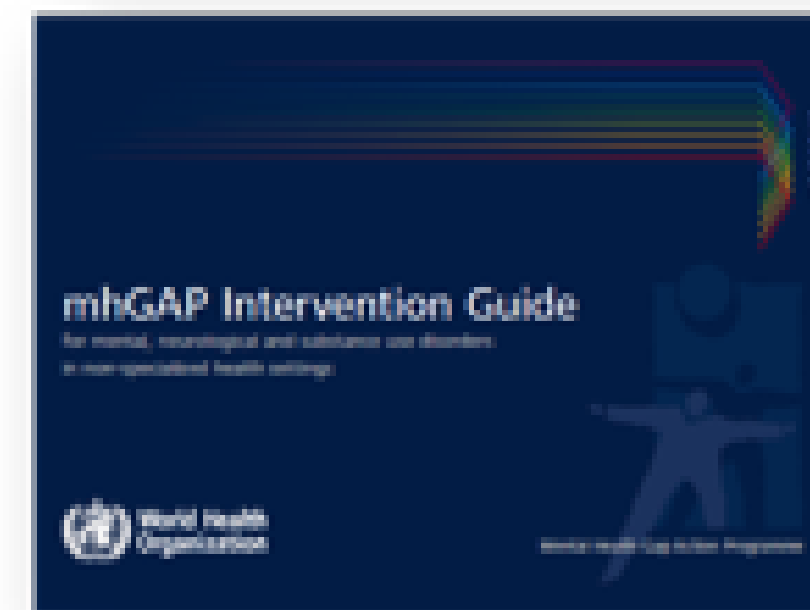
Preventing Suicide: A Global Imperative



Suicide Mortality in the Americas



mhGAP Intervention Guide

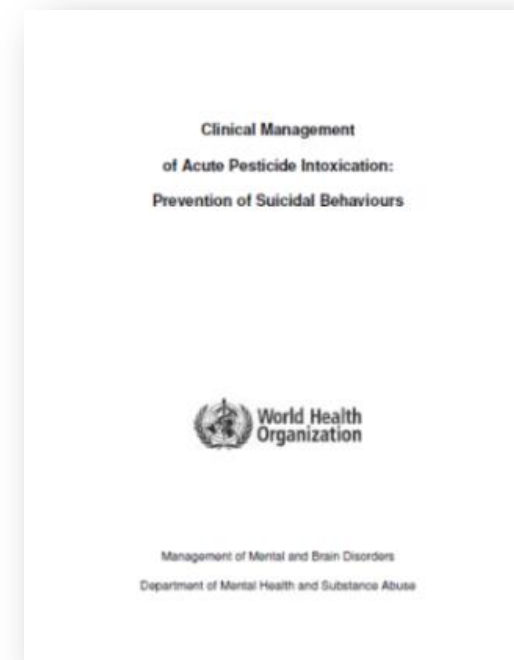


Practice manual for establishing and maintaining surveillance systems for suicide attempts and self-harm



PAHO/WHO Technical Cooperation Tools

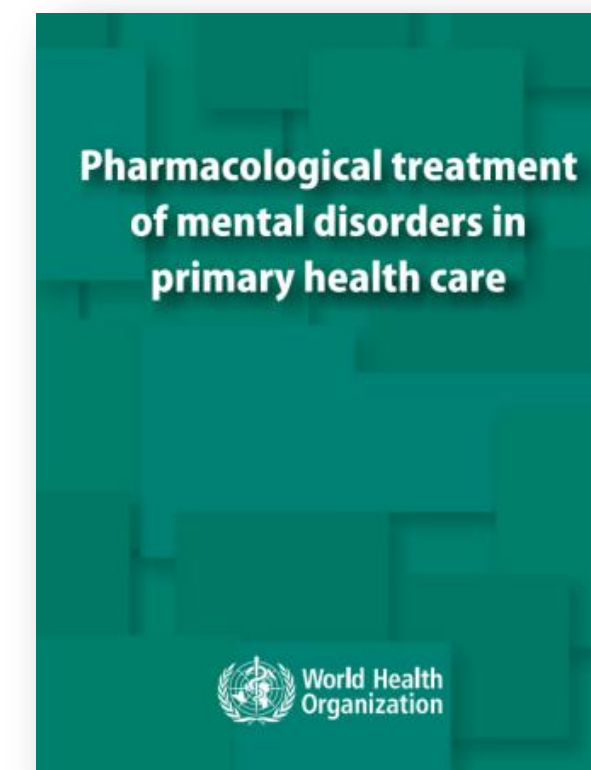
Clinical Management of Acute Pesticide Intoxication: Prevention of Suicidal Behaviors



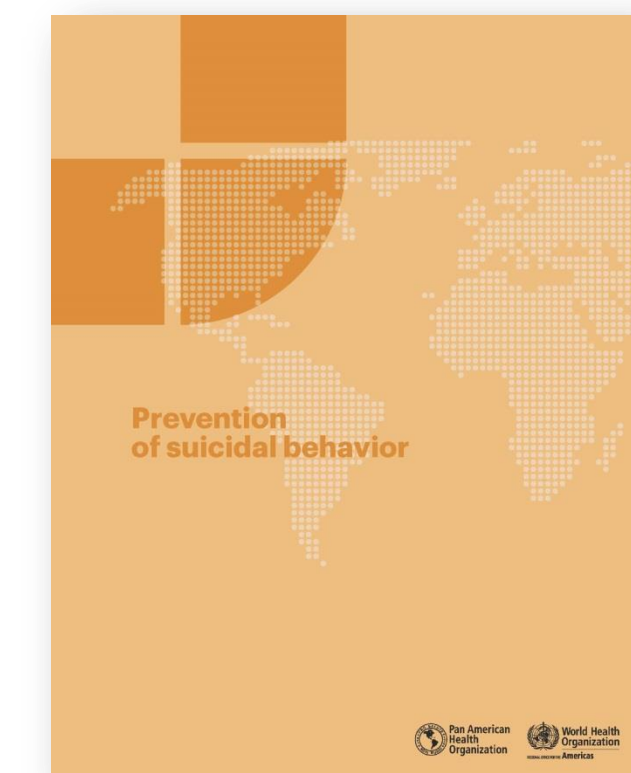
Mental Health Atlas of the Americas



Pharmacological treatment of mental disorders in primary health care



Prevention of suicidal behavior



Take Home Message

- Suicides are preventable. For National responses to be effective, a comprehensive multisectoral suicide prevention strategy is needed.
- It is important to identify the risk and protective factors that are related to suicidal behavior.
- An effective strategy for preventing suicides and suicides attempts is to restrict access to the most common means.
- Early identification of mental health problems, harmful use of alcohol and substance use, are key interventions to reduce the risk of suicide.
- Communities play a critical role in suicide prevention, they can provide social support to vulnerable individuals, fight stigma and support those bereaved by suicide.

Thank You!

More information at PAHO's Mental Health Page: <http://bit.ly/2aG43fO>

