

INJURIES DUE TO SELF-HARM & SUICIDE

DID YOU KNOW?

Self-harm and suicide have wide-reaching impacts on families and communities.

Self-harm and suicide[†] are one of the top three injury prevention priorities for BC and Northern Health.

HOSPITALIZATIONS



6/wk

Burden among Northern BC residents:

6 hospitalizations per week due to self-harm (2002-2016)

The annual impact on health services of Northern BC residents hospitalized due to self-harm:



310

hospitalizations



1.5

million



1,545

days in hospital

TRENDS

The most common methods of self-harm that result in hospitalization among Northern BC residents are:

79%

drugs

11%

sharp objects

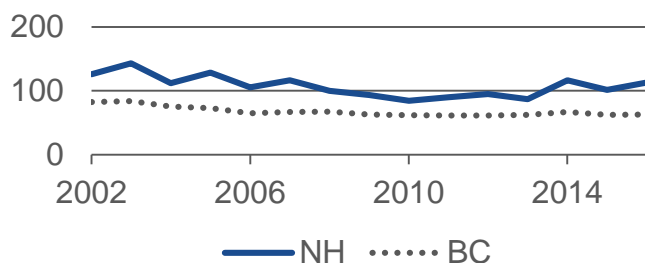
3%

chemicals / noxious substances

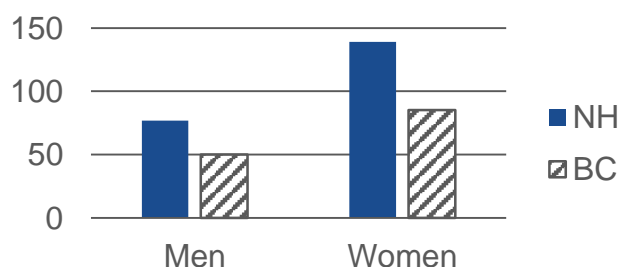
15- to 19-year-olds have the highest hospitalization rate* due to self-harm among Northern BC residents.



The hospitalization rate* due to self-harm among Northern BC residents has **increased** since 2010.



Women have a higher hospitalization rate* due to self-harm, compared with men, particularly among Northern BC residents.



[†] Self-harm is any intentional, self-inflicted poisoning or injury; including but not limited to suicide attempt. Suicide is death as a result of self-harm.

* Age-standardized per 100,000 per year; 2002-2016.

Note: "Northern BC residents" refers to people living within the Northern Health administrative boundaries. In graphs, "NH" refers to the Northern Health administrative boundaries.

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DEATHS



Burden among Northern BC residents:

40 deaths per year due to suicide (2001 - 2015)

The suicide rate* among Northern BC residents is **higher than the provincial rate.**



TRENDS

The most common methods of suicide among Northern BC residents are:

40%

hanging / suffocation

33%

firearm

7%

drugs / medications

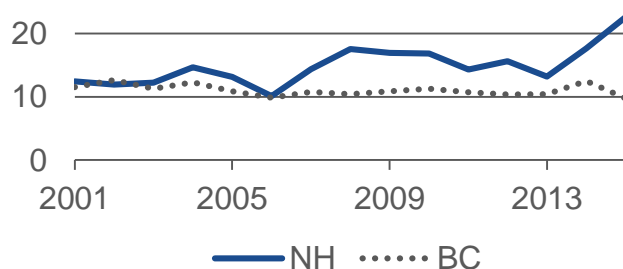


Men aged 35- to 39-years-old have the highest suicide rate* among Northern BC residents.

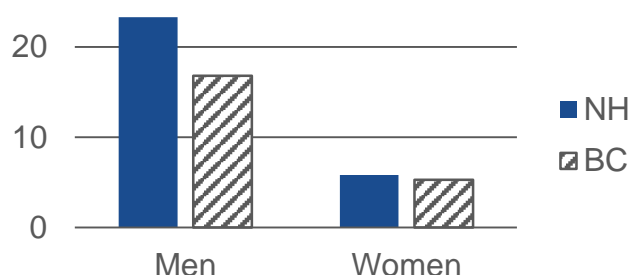


Men in Northern BC are 3× more likely to die from a firearm related suicide than the provincial average.

The suicide rate* among Northern BC residents has **increased in recent years.**



Men have a higher suicide rate*, compared with women, particularly among Northern BC residents.



INJURIES ARE PREVENTABLE

Talk to your primary care provider if you worry about self-harm or suicide for you or a family member.

Families, communities and organizations all have a part to play. Let's work together to prevent self-harm and suicide.

CRISIS SUPPORT is available 24/7 if you or someone you know is having thoughts of suicide or self-harm:

- Northern BC Crisis Line **1-888-562-1214**
- <https://crisis-centre.ca/>
- KUUSUS Crisis Line **1-800-588-8717**
- BC Crisis Line **1-800-784-2433**
- <https://crisiscentre.bc.ca/get-help/>

*Age-standardized per 100,000 per year, 2001-2015.

Data Sources: BCIRPU Injury Data Online Tool, 2018. Discharge Abstract Database (DAD), 2002-2016 (combined), Ministry of Health. BC Vital Statistics, 2001-2015, Ministry of Health.