



YOUTH SUICIDE AFFECTS US ALL

EARLY INTERVENTION IS KEY

IN OTTAWA, 3730 HIGH SCHOOL STUDENTS SERIOUSLY CONSIDERED SUICIDE IN THE LAST YEAR. OF THESE¹ ...



AMONG UNIVERSITY STUDENTS IN ONTARIO²...



STIGMA, PREJUDICE, DISCRIMINATION AND SOCIAL INEQUALITY CAN LEAD TO HIGHER RATES OF SUICIDE.



IN CANADA, INUIT YOUTH ARE 11 TIMES MORE LIKELY, AND FIRST NATIONS YOUTH ARE 5-6 TIMES MORE LIKELY, TO DIE BY SUICIDE THAN THEIR NON-INDIGENOUS PEERS^{3,4}. REACH OUT FOR SUPPORT: FIRST NATIONS AND INUIT HOPE FOR WELLNESS HELP LINE IS 1 855 242 3310



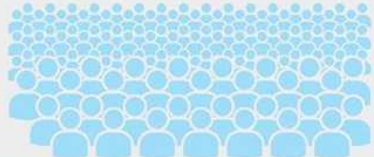
AMONG TRANS YOUTH IN ONTARIO, 51% SERIOUSLY CONSIDERED SUICIDE AND 19% ATTEMPTED SUICIDE IN THE PAST YEAR⁵



x3

LGBTQ YOUTH ARE 3 TIMES MORE LIKELY TO ATTEMPT SUICIDE THAN THEIR HETEROSEXUAL PEERS IN CANADA⁶. GET HELP LGBT YOUTHLINE: 1 800 268 9688

IN OTTAWA, EVERY YEAR 9 YOUTH AGED 15-24 DIE BY SUICIDE⁷. FOR EACH DEATH MANY PEOPLE ARE AFFECTED⁸.



WE'RE WORKING TOGETHER TO SAVE LIVES: KNOW WHAT TO DO

LEARN THE SIGNS
CSPP-RCPS.COM

SAY SOMETHING
ASK DIRECTLY IF
THEY'RE THINKING
OF SUICIDE

GET INVOLVED
GET safeTALK OR
ASSIST TRAINING AT
OTTAWA.CMHA.CA

LEARN MORE
EDUCATE YOURSELF,
REDUCE STIGMA

SUICIDEPREVENTION.CA, TAC.CA
TRANSPULSEPROJECT.CA
RAINBOWHEALTHONTARIO.CA,
SOURCESOFSTRENGTH.ORG

¹ Ottawa Public Health, Ottawa Student Drug Use and Health Report, 2014. Ottawa (ON): Ottawa Public Health, 2014.
² Canadian College of Health Association, Canadian College Health Association Student and Young Health Development of Ontario Canada. *Annual Report/Executive Summary Spring 2014*. Toronto, ON: Canadian College Health Association, 2016.
³ Hibi, J. (2015). *Suicidal ideation and suicide by Albert and Paul, 1905-2014*. Ottawa, ON: National Suicide.
⁴ Pihlman, J., O'Neil, D.E., Hibi, J., Paul, K., Seelman, C., & C. (2017). *Suicide among Aboriginal Peoples in Canada*. Ottawa, Ontario: The Aboriginal Health Foundation.
⁵ Baker, G.P., Pyle, J., Fergusson, M., & Hammond, A. (2013). *Socially young trans people in Ontario: implications for social work and social justice*. *The Journal of Social Work, 13*(1), 25-42.

⁶ Taylor, C. & Fisher, T., with Adams, T., Egan, T., Bakken, J., Fung, A., Stone, L., Kavanagh, S., & Schaeffer, K. (2015). *Coming out in every school: The first national survey on sexual orientation, behavior, and harassment in Canadian schools*. Final report, Toronto, ON: Egale Canada Human Rights Trust.
⁷ Deaths by suicide in Ottawa, 2008-2014 average. Office of the Chief Coroner for Ontario, data accessed November 10, 2016.
⁸ Pihlman, J., O'Neil, D.E., Hibi, J., Paul, K., Seelman, C., & C. (2017). *Suicide among Aboriginal Peoples in Canada*. Ottawa, Ontario: The Aboriginal Health Foundation. 14-18-19.