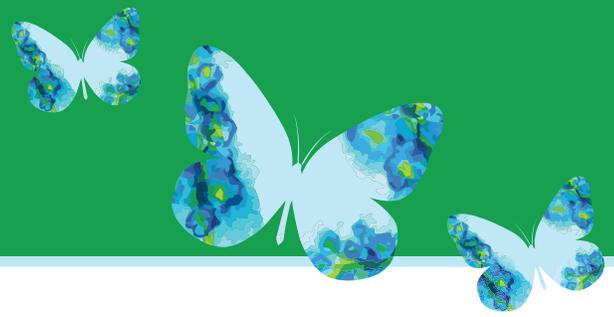


Suicide and self-harm in Waterloo Region



The Waterloo Region Suicide Prevention Council and Region of Waterloo Public Health and Emergency Services are working together on a research project to better understand who is dying by suicide and who is attempting suicide in our community. We will use the findings to help organizations offer effective and relevant services that our community needs.

This is a snapshot from our Phase 1 findings of what we know about suicide and self-harm in Waterloo Region.

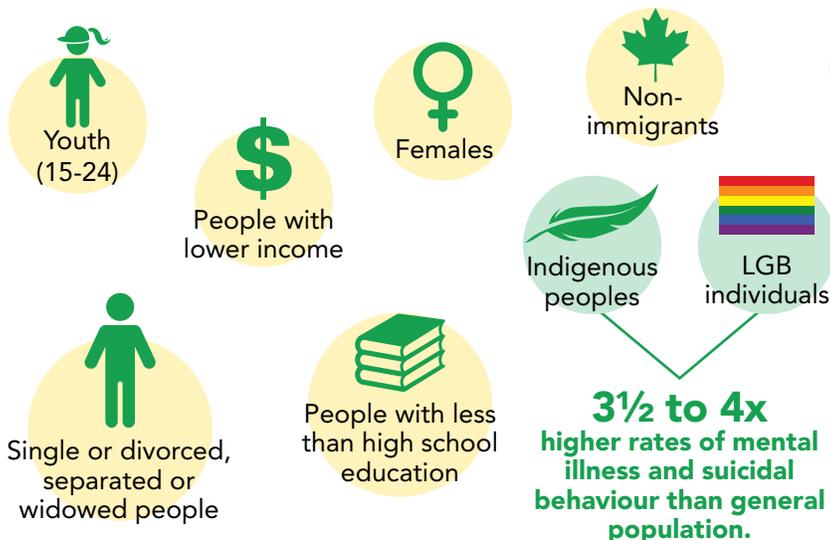
Prevalence of mental illness and suicidal behaviour

Population who:	% in Waterloo Region
Have ever considered suicide*	15
Report having a mood disorder	12
Report symptoms of moderate/severe depression	8
Report having an anxiety disorder	8
Have ever planned suicide*	7
Have ever attempted suicide	5

*Statistically significantly higher in Waterloo Region compared to Ontario.



Those reporting **higher rates of mental illness and suicidal behaviour** include:



Prevalence of self-harm and suicide

Each year in Waterloo Region, there are approximately:

 **1,700** police responses to suicide attempts

 **1,100** emergency department visits for self-harm

 **470** hospitalizations for self-harm

 **55** suicide deaths

Sources: Waterloo Region Police Service, 2016; Ambulatory visits, 2017; Vital Statistics – Deaths, 2015.

Are you:

- feeling desperate and hopeless?
- alone with no one to talk to?
- worried you might hurt yourself or someone else?

If you have:

- had serious suicidal thoughts
- made a plan for suicide

For access to mental health, addictions, and crisis services in Waterloo Region call **Here 24/7 at 1-844-437-3247**. If it is an **emergency, call 911** or go to your local hospital emergency department for support.

Emergency department visits and hospitalizations for intentional self-harm

In 2017 in Waterloo Region:

200 emergency department visits per **100,000** people

 **UP 63%** since 2011

86 hospitalizations per **100,000** people

 **UP 20%** since 2011

All rates are higher for:  Females **(more than 2x higher than males)**

 Youth age 10-19 **(4x higher than overall rates)**

Source: Ambulatory visits, 2008-2017.

(Local and provincial) emergency department visit and hospitalization **rates** have been **increasing since 2011**.

Rate increases over time are mainly due to more self-harm visits for females

Rates are consistently **30-40% higher in Waterloo Region** compared to Ontario

Suicide deaths in Waterloo Region

In 2015 in Waterloo Region:

10 deaths per **100,000** people or **55** deaths

Rates are higher for:  Males age 50-59 **(2 to 4x higher than females)**

Among suicide deaths in Waterloo Region and Ontario:

 **20%** known history of alcohol/drug abuse

 **45%** history of treatment for mental health condition

 **25%** known past suicide attempt

40% none of these risk factors

Sources: Vital Statistics – Deaths, 2006-2015. Office of Chief Coroner, 2007-2016.

Similar rates in Ontario; Provincial rate increasing over time.

Suicide and self-harm trends in youth

 **Youth aged 10-24** have the **highest** rates of **emergency department visits** and **hospitalizations** for **self-harm**, especially **females**.

 Among youth, rates in females **2 to 7.5x higher than males**
Rates highest in **females aged 15-18**
(1,266 emergency department visits per 100,000 people)

Since 2009, emergency department visit rates for self-harm in Waterloo Region youth have steadily increased:

 **450%** increase in **10-14 year olds**

180% increase in **15-18 year olds**

100% increase in **19-24 year olds**

Self-harm rates for youth are **increasing** both **locally and provincially**, but at a **faster pace in Waterloo Region**.

 Among youth aged 19-24, **males had the highest rates of suicide death**
18 deaths per 100,000 people (4x higher than females)

Sources: Ambulatory visits, 2008-2017; Vital Statistics – Deaths, 2011-2015.

For detailed research findings, see [A Community Profile on Suicide and Self-Harm in Waterloo Region](#) full report