



World Suicide Prevention Day
Working Together to Prevent Suicide
September 10, 2020



World Suicide Prevention Day 2020 Facts and Figures Sheet

- Over 800,000 people die by suicide annually, representing 1 person every 40 seconds
- Suicide is the 15th leading cause of death globally, account for 1.4% of all deaths
- The global suicide rate is 11.4 per 100 000 population
- 15.0/100 000 for males
- 8.0/100 000 for females
- Suicide is the leading cause of death in people aged 15-24 in many European countries
- Globally suicide rates among this age group are higher in males than females
- Self-harm largely occurs among older adolescents, and globally is the 2nd leading cause of death for older adolescent girls
- In 2012, 76% of global suicide occurred in low- and middle-income countries 39% of which occurred in the South-East Asia Region
- In 25 countries (within WHO member states) suicide is currently still criminalized
- In an additional 20 countries suicide attempters may be punished with jail sentences, according to Sharia law
- Suicide is the result of a convergence of risk factors including but not limited to genetic, psychological, social and cultural risk factors, sometimes combined with experiences of trauma and loss
- Depression is the most common psychiatric disorder in people who die by suicide
- 50% of individuals in high income countries who die by suicide have major depressive disorder at their time of death
- For every 1 suicide 25 people make a suicide attempt
- 135 people are affected by each suicide death
- This equates to 108 million people bereaved by suicide worldwide every year
- Relatives and close friends of people who die by suicide are a high-risk group for suicide, due to the psychological trauma of a suicide loss and potential shared familial and environmental risk, suicide contagion through the process of social modelling, and the burden of stigma associated with this loss
- Effective suicide prevention strategies need to incorporate public health policy strategies and healthcare strategies, incorporating measure with the strongest evidence of efficacy such as: restriction of access to lethal means; treatment of depression; ensuring chain of care; and school-based universal prevention