



SUICIDE PREVENTION: A CONVERSATION

WITH ANDY HIX AND WILL BURWOOD

SUICIDE STATS

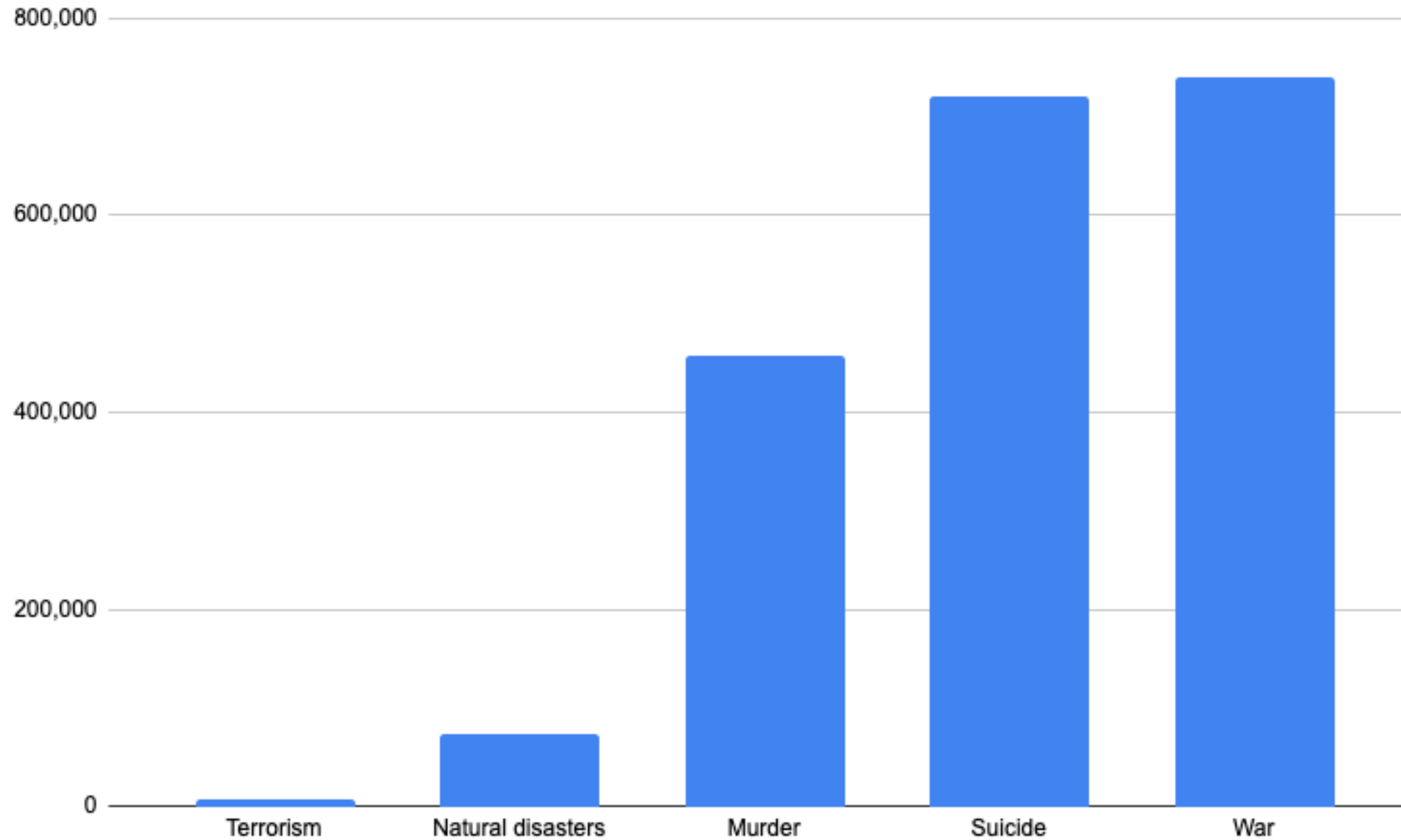
The latest figures from the Office for National Statistics (ONS) state that:

- The suicide rate in England and Wales is the highest since 1999 - increased from 5,642 to 6,069 in 2023 - that's 16 people every day
- The suicide rate for men is 3x higher than for women but more women *attempt* suicide
- The age groups with the highest suicide rate are 45-49 for men and 50-55 for women.

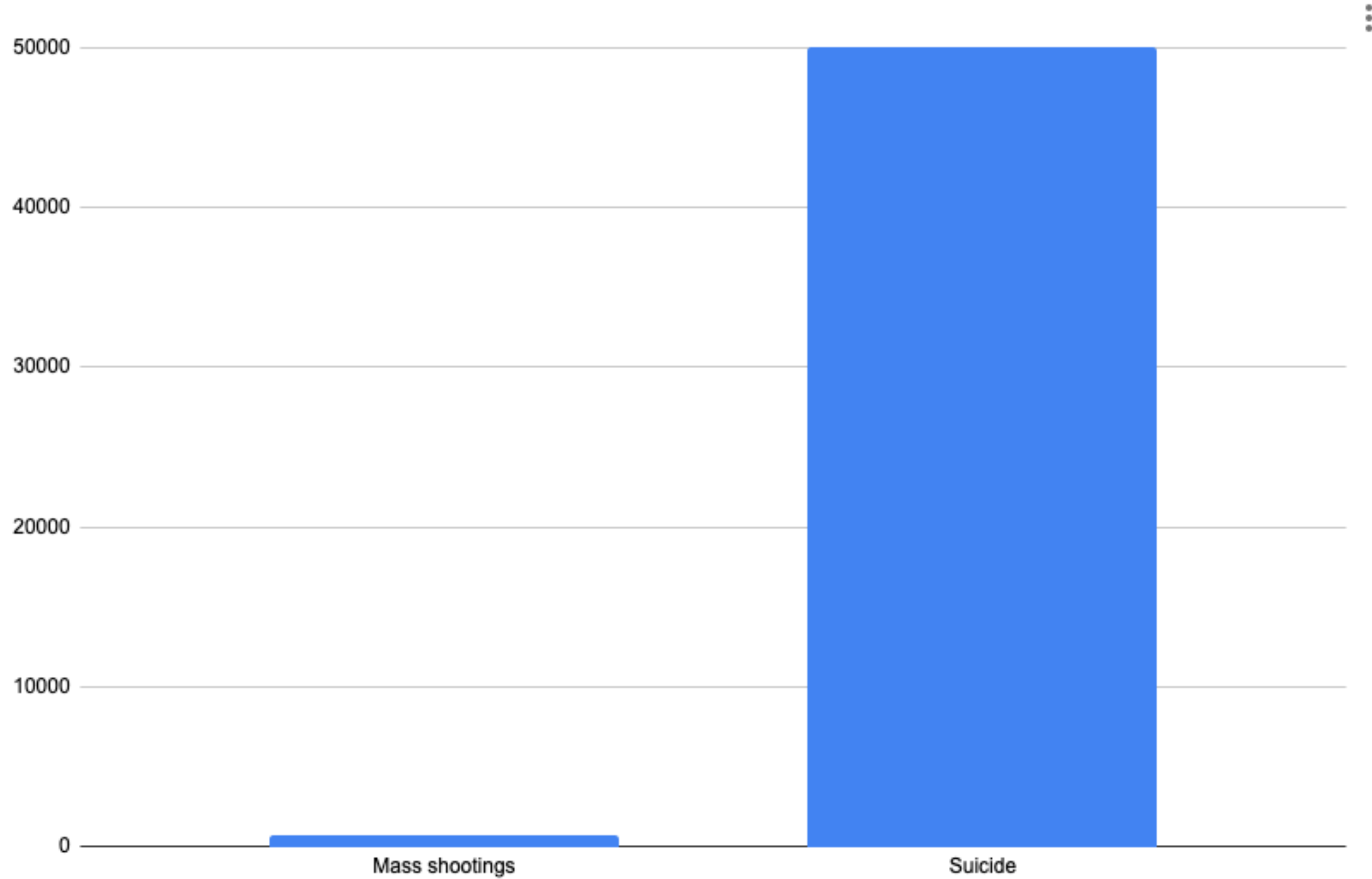
It's the most common way for a man under 50 to die.



GLOBAL CAUSES OF DEATH



DEATHS FROM MASS SHOOTINGS VS SUICIDE IN THE USA



JAMES BURWOOD



RISK FACTORS FOR SUICIDE

- Prior suicide attempt(s)
- Misuse and abuse of alcohol or other drugs
- Mental disorders, particularly depression and other mood disorders
- Knowing someone who died by suicide, particularly a family member
- Social isolation
- Chronic disease and disability
- Lack of access to behavioural health care

TRIGGERING EVENTS

- End of a relationship or marriage
- Death of a loved one
- An arrest
- Serious financial problems



WARNING SIGNS

Talking about:

- Feeling unbearable pain
- Death or a recent fascination with death
- Feeling hopeless, worthless, or trapped
- Feeling guilt, shame, or anger
- Feeling like they are a burden to others

Changes in behaviour or mood:

- Increased alcohol or drug use
- Losing interest in personal appearance or hygiene
- Withdrawing from family, friends, or community
- Changes in eating and/or sleeping patterns
- Becoming violent or being a victim of violence
- Recklessness



PROTECTIVE FACTORS

- Effective professional support
- Connectedness to individuals, family, community, and social institutions
- Healthy lifestyle and habits
- Self-esteem and a sense of purpose or meaning in life
- Mindfulness and self-compassion



SIGNPOSTING



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