

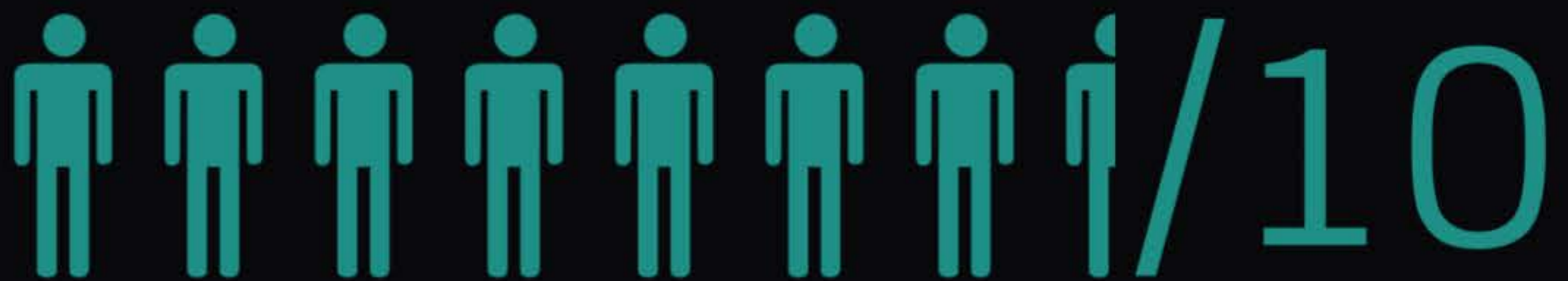
THE FACTS ABOUT SUICIDE



10 Suicides
per day



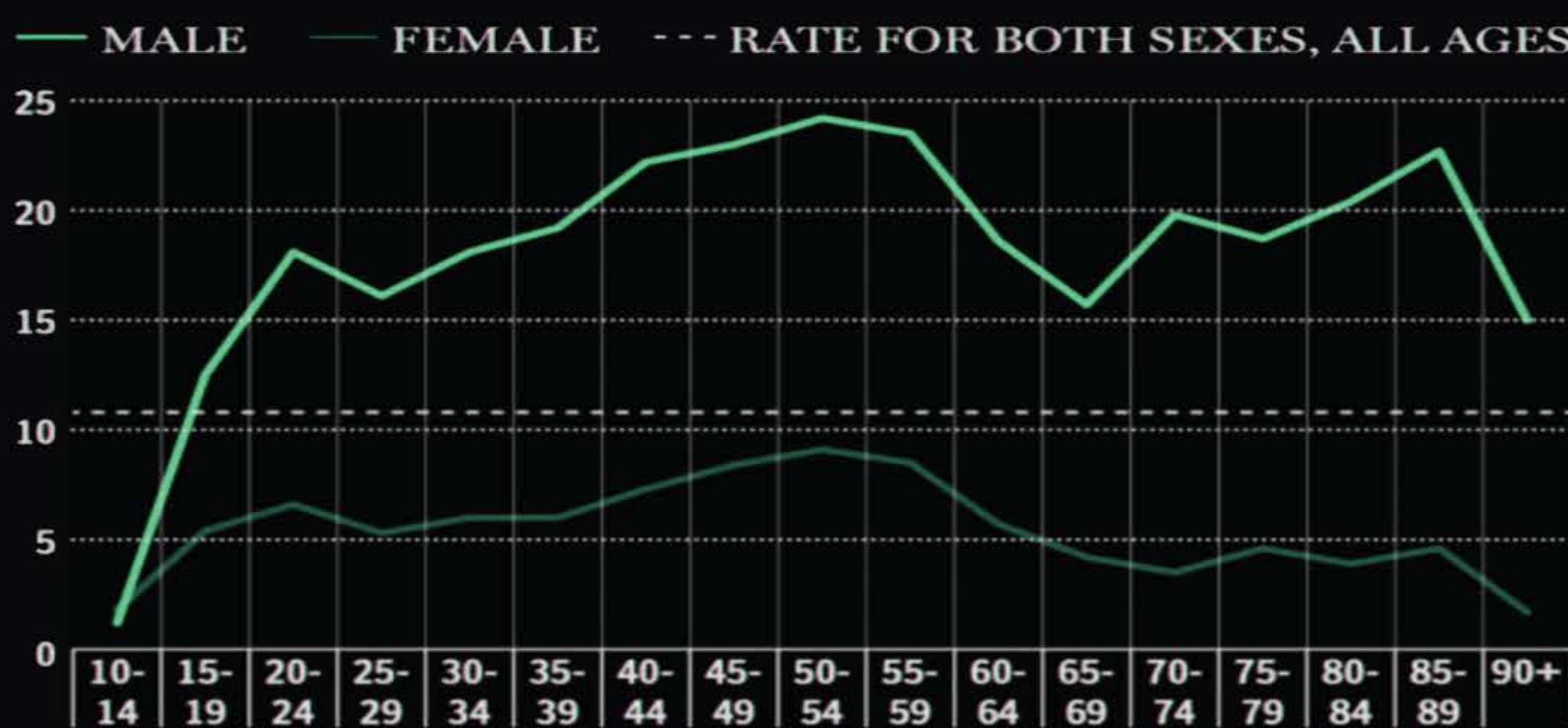
7.5 Men
2.5 Women



Men, on average, are 3
times more likely to kill
themselves than women
in Canada

A Growing Middle Age Crisis?

Canadian Suicide Rates by Sex and by Age Group
Rate per 100,000 Population, 2011



In the past decade, the rate of suicide among North American middle-aged men has far outpaced men of other ages, and women of any age. Men between the ages of 50-54 have the highest rate of suicide among all Canadians — 24.2 per 100,000 people in 2011, compared to 9.1 for women of the same age.

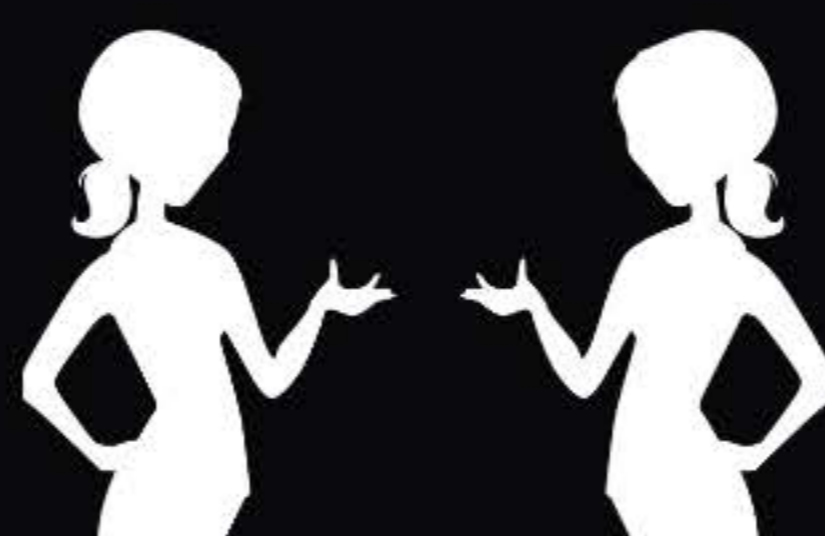
What are the causes for the increased rate of suicide among middle aged men?

Social Pressure



Socialized to keep
emotions in, "take it
like a man"

Personal Relationships



Men have fewer
social relationships
than women outside
of work

Social Environment



Men are not
equipped to deal
with the change in
their social roles