Globally, one person dies by suicide every forty (40) seconds. According to the World Health Organization (WHO), suicide is the 17th leading cause of death globally.

Statistics show that females attempt suicide **three times (3x)** more than males, however, males are **four times (4x)** more likely to die by suicide than females.

Trinidad and Tobago has the 5th highest rate of suicide in the region per capita and the 3rd highest rate in the English speaking Caribbean.

Suicide is the second leading cause of death among 15-29 year olds globally. In 2011, 17% of students in Trinidad and Tobago admitted to seriously considering suicide while 14.4% actually attempted suicide one or more times in the past year.

**Suicide Death Rates**

<table>
<thead>
<tr>
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<th>Rate per 100,000 population</th>
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</thead>
<tbody>
<tr>
<td>Globally</td>
<td>10.7</td>
</tr>
<tr>
<td>Regionally</td>
<td>9.6</td>
</tr>
<tr>
<td>Nationally</td>
<td>14.5</td>
</tr>
</tbody>
</table>

*The data is based on 2015 statistics obtained from WHO and may vary as a result of the sensitivity of the topic.*
Suicide Prevention Programmes and Initiatives

- The Ministry of Health is currently developing a national suicide prevention strategy to assist with reducing the number of deaths by suicide.

- Suicide awareness outreach programmes are being conducted with members of the public to raise awareness as it relates to suicide, to help educate persons on the warning signs for suicide as well as to inform the public on how they can support or seek help for someone who may be expressing suicidal thoughts.

- In 2018, the Mental Health Unit of the Ministry of Health developed the National Media Guidelines for Reporting on Suicides which seeks to curb the potential for suicide contagion or "copycat suicide".

RESOURCES

The Ministry of Health is committed to reducing the rate of deaths by suicide and is therefore collaborating with various organisations throughout Trinidad and Tobago to help fight suicide. At the Mental Health Unit, we offer suicide prevention and awareness programmes as well as advocate for public policy.

For more information please contact:

- **Mental Health Unit (Information Centre)**
  285-9126 exts. 2577, 2571, 2573, 2590

- **Mental Health Unit (NCRHA/EWMSC)**
  Uriah Butler Highway, Champ Fleurs 645-3232 ext. 2542

For help please contact:

- **ALIVE (suicide hotline)**
  688-8525, 650-5270

- **St. Ann’s Psychiatric Hospital**
  St. Ann’s Road, St. Ann’s
  624-1151-5

- **Lifeline**
  645-2800 OR 800-5588
  OR 231-2824 from Digicel OR 220-3636 from FLOW

- **Child line**
  131 or 800-4321

REFERENCES

Global School-Based Student Health Survey. (2011). Trinidad and Tobago 2011 Fact Sheet.
