

Suicide Prevention:

General Facts and Figures; Sources and Resources; Common Strategies



NZ Facts and Figures:

- Every year approximately 500 people take their own lives with many more attempting suicide or experiencing levels of distress that places them at high risk of suicide
- On average around three-quarters of suicides are male
- The highest rate of suicide in 2012 was the youth age group (15-24 years) at 23.4 per 100,000 youths
- Over the 10 years 2003 to 2012, Maori suicide rates have been at least 1.2 times non-Maori suicide rates
- There were 3031 intentional self-harm hospitalisations in 2012. Two-thirds of these were female. Youth (15-24 years) accounted for 34.7% (1052)
- Maori accounted for nearly 20% (563) of ALL intentional self-harm hospitalisations in 2012

Sources and Resources:

NZ Statistics, Otago University, Ministry of Health	<i>Serious Injury Outcome indicators 2000-2013 (Stats NZ select tables 7-9):</i> http://www.stats.govt.nz/browse_for_stats/health/injuries/serious-injury-outcome-indicators-2000-13.aspx <i>IPRU injury query system (specify cause and intent injury parameters):</i> http://ipru3.otago.ac.nz/niqs/ <i>MoH Suicide facts: deaths and self-harm hospitalisations (published annually):</i> http://www.health.govt.nz/publication/suicide-facts-deaths-and-intentional-self-harm-hospitalisations-2012
Preventing Intentional Harm Injuries	<i>MoH Working to prevent suicide (current initiatives led by government)</i> http://www.health.govt.nz/our-work/mental-health-and-addictions/working-prevent-suicide

Suicide Prevention: continued



Common Strategies for prevention:

<p>Health and wellbeing strategies</p>	<p><i>MoH NZ Suicide Prevention Action Plan 2013-2016</i> http://www.health.govt.nz/publication/new-zealand-suicide-prevention-action-plan-2013-2016</p> <p><i>National Suicide Prevention for Maori and Pasifika Communities (Waka Hourua)</i> http://wakahourua.co.nz/</p> <p><i>Suicide Prevention ToolKit for DHBs</i> http://www.health.govt.nz/publication/suicide-prevention-toolkit-district-health-boards</p> <p><i>Blue Print II Improving mentalhealth and well-being for New Zealanders (Mental Health Commission)</i> http://www.hdc.org.nz/media/207642/blueprint%20ii%20how%20things%20need%20to%20be.pdf</p>
<p>Raising awareness /recognising the signs/ self-help</p>	<p><i>Understanding suicide in NZ (MoH) includes risk factors and terminology</i> http://www.health.govt.nz/our-work/mental-health-and-addictions/working-prevent-suicide/understanding-suicide-new-zealand#suiciderates</p> <p><i>Self-harm: how to recognise, reduce risks , get help (Mental Health Foundation)</i> http://www.mentalhealth.org.nz/get-help/a-z/resource/49/self-harm</p> <p><i>Lifeline support services</i> http://www.lifeline.org.nz/Suicide-Intervention_2022.aspx</p> <p><i>Suicide Prevention Training Courses (QPR: see DHB health representative for access details)</i> http://www.qpr.org.nz/suicide-prevention-training-courses.aspx</p> <p><i>The Low Down: What's on your mind</i> https://thelowdown.co.nz/</p> <p><i>Youthline</i> http://www.youthline.co.nz/</p> <p><i>Depression: there are things you can do to get through</i> http://www.depression.org.nz/</p> <p><i>Skylight: Grief support for young people and their families/whanau</i> http://skylight.org.nz/</p>

More information is available from
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