



Social Planning Council Oxford
www.spcoxford.ca

Just the Facts: Suicide

The Social Planning Council strives to improve the well-being of all residents of Oxford County through community development, community mobilization, research, and advocacy.

Suicide at a Glance

Every year an estimated 900,000 people die by suicide—that's one death every 40 seconds.¹ Canada ranks third among industrialized nations, behind New Zealand and Finland, in its rate of suicide in people aged 15-19.² According to Statistics Canada, there was a 10% increase in suicides across Canada between 1997 and 1999.³

In Canada, suicide is the eleventh leading cause of death⁴, and it is the leading cause of death for Canadians between the ages of 10 and 24.⁵ On average, Canada loses 11 people a day to suicide.⁶ However, this is likely underestimated due to lack of identification and reporting of deaths by suicide. A report by the Canadian Institute for Health Information indicates that more men in Ontario committed suicide in the past 10 years than died in car collisions.⁷

In any given year, 6% of the population reports having had serious thoughts of suicide.⁸ For every suicide, there are approximately 100 more suicide attempts.⁸ Approximately 17,500 Canadians were admitted to the hospital after attempting suicide or intentionally harming themselves in 2009-2010—that's 45 people a day.⁹ Women between the ages of 15 and 19 were the most likely to self-injure, more than double the rate of men in the same age category.⁹ However, men were three times more likely than women to die from intentional injuries.⁹

More men in Ontario committed suicide in the past 10 years than died in car collisions.

Mental Health in Oxford County

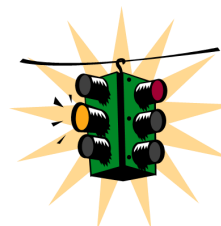
There are a variety of support services located in Oxford County for individuals experiencing mental health issues, including thoughts of suicide.

1. Woodstock General Hospital is the designated psychiatric facility for Oxford County. They provide inpatient (19 bed unit) and outpatient services for both adults and children.¹⁰ More recently, Woodstock General Hospital in collaboration with the Canadian Mental Health Association Oxford received funding through the Aging at Home Strategy to establish the Oxford's Seniors Mental Health and Addiction Response Team (SMART) to focus on people over 65 who experience mental health issues and cognitive problems with a responsive behaviour.¹⁰
2. The Canadian Mental Health Association Oxford Branch has offices in Woodstock, Ingersoll, and Tillsonburg. CMHA Oxford offers support, treatment, and education services.
3. Oxford-Elgin Child and Youth Centre provides services at no cost for children, youth, and families, with offices in Woodstock, Ingersoll, and Tillsonburg. The Woodstock location also offers walk-in family

counselling.

4. The Woodstock Area Community Health Centre, located in Woodstock, has point of access offices in Ingersoll and Tillsonburg, and offers one-on-one and group services.
5. Oxford Self Help Network is a consumer driven initiative located in Woodstock.
6. The Oxford Suicide Prevention Coalition aims to reduce suicidal behaviour in Oxford County through: public awareness, education and skill development, and public health advocacy.

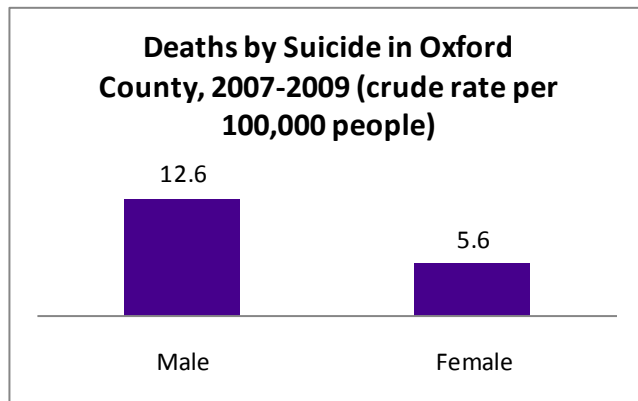
Despite the incredible work these organizations do, Oxford County continues to see a higher rate of mental health hospitalization in comparison to Ontario.¹⁰



Due to the size of Oxford County, transportation can be an issue for individuals seeking services.

Additionally, residents living on the edges of the County may seek services from other areas such as London, Kitchener-Waterloo, Stratford, Brantford, and Simcoe.

Suicide in Oxford County



Source: IntelliHEALTH ONTARIO¹¹

Gender Relationship

Oxford County is consistent with other communities in its gender-suicide relationship.

- From 2007 to 2011, females were one and a half times more likely than males to be admitted to the hospital for attempted suicide or suicide ideation.¹¹
- From 2007 to 2009, males were more than two times as likely to die by suicide than females.¹¹

From 2003 to 2009, 93 people died by suicide in Oxford County¹¹

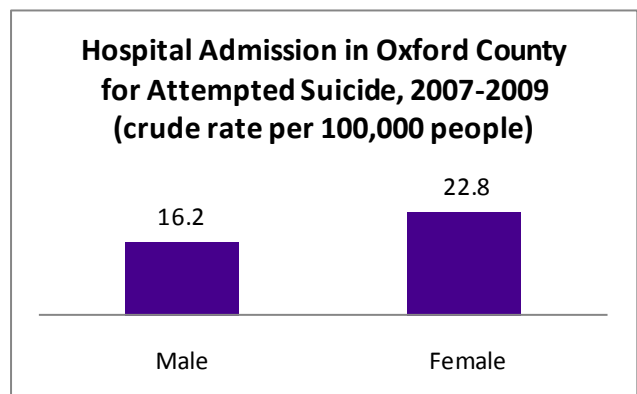
However, the number of suicides does not tell the whole story. In addition to these deaths, from 2007 to 2011 hospital visits by Oxford County residents were reported as (the data is presented as visits/admissions—a single person may have more than one visit or admission):

Reason for Visit/Admission	Number of Hospital Emergency Room Visits	Number of Hospital Admissions
Threat to self	No data	1064
Self-harm, including attempted	19	8
Signs and symptoms involving emotional state, including suicide ideation	205	93

Source: IntelliHEALTH ONTARIO¹¹

In 2011, the OPP reports responding to 6 suicides in Oxford County, and 69 attempted suicides.¹² The Woodstock Police Service responded to 95 incidences of attempted or threatened suicide in Woodstock in 2011.¹³

In Oxford County, from 2007 to 2011, there were 42 (per 100,000 people) hospital emergency room visits for attempted suicide, and 19.5 (per 100,000 people) hospital admissions for attempted suicide.¹⁰



Source: IntelliHEALTH ONTARIO¹¹

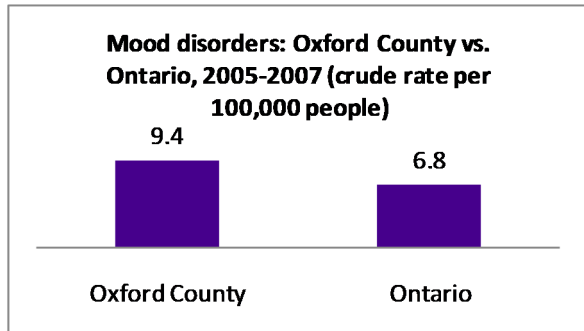
Oxford County Compared to Ontario

From 2005 to 2007, compared to Ontario, Oxford County reported a higher crude rate of:

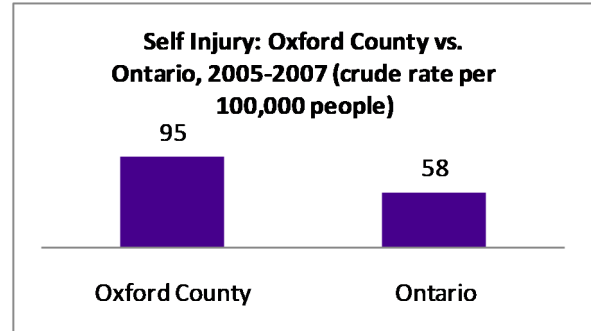
- Mood disorders¹⁰
- Self-injury¹⁰
- Mental health hospitalization¹⁰

Compared to Ontario, from 2003 to 2009 (excluding 2008), Oxford County reported a higher crude rate of:

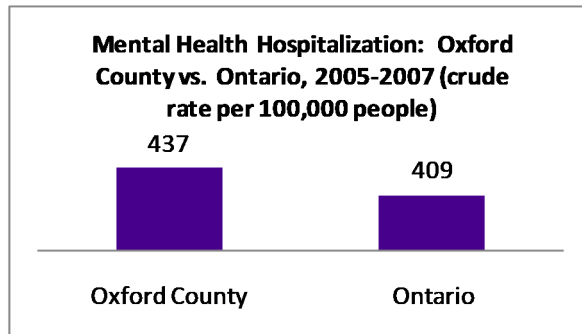
- Suicide^{10,11}



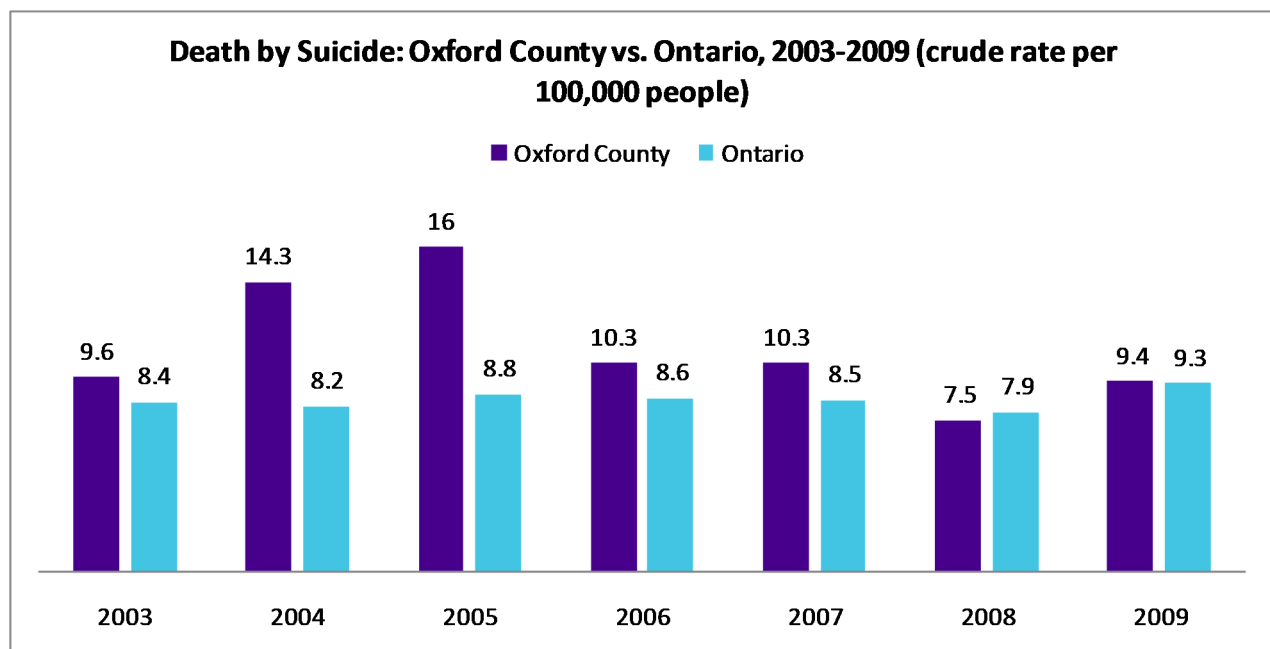
Source: CanStats website¹⁰



Source: CanStats website¹⁰



Source: CanStats website¹⁰



Source: IntelliHEALTH ONTARIO¹¹



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