

Alberta's Suicide Prevention Work Must Continue

Investment in suicide prevention training and education will help reduce suicide rates in Alberta.



Issue Summary

Suicide rates have continued to be a large mental health concern for Alberta, showcasing the need for a continued push for suicide prevention.



Solution

Investment in suicide prevention training and education is a large step in preventing suicide.¹⁰ Further, easy and open access to mental health care, responsible media reporting and reducing access to lethal means can prevent suicide in communities across Alberta.



Research

In 2018, 630 people died by suicide in Alberta.¹¹ That's more than double the number of Albertans who died in motor vehicle accidents in 2016.¹²



Alberta Examples

Centre for Suicide Prevention (CSP) is an education centre that equips Canadians with the information, knowledge and skills necessary to respond to people at risk of suicide.¹³ Their library of over 45,000 suicide-specific items, the largest English-language collection of its kind, informs the work CSP does. As a branch of the Canadian Mental Health Association, CSP has been saving lives through suicide prevention by equipping people with the knowledge and skills to respond to those at risk for over 40 years.

¹⁰ What additional resources are needed to prevent suicide? (n.d.). *Centre for Suicide Prevention*. Retrieved from <https://www.suicideinfo.ca/resource/additional-resources-needed-prevent-suicide/>

¹¹ Alberta suicide stats by region and age (2021, January). *Centre for Suicide Prevention*. Retrieved from <https://www.suicideinfo.ca/resource/alberta-suicide-stats-region-age/>

¹² Government of Alberta (2018). *Alberta Traffic Collision Statistics 2016*. Retrieved from <https://www.transportation.alberta.ca/Content/docType47/Production/AlbertaCollisionStatisticsSummary2016.pdf>

¹³ About Us (n.d.). *Centre for Suicide Prevention*. Retrieved from <https://www.suicideinfo.ca/about-us/>