



### 3.8.20 Mental Health

**Fig. 3.8.20 Suicide rates, youth 15 to 19 years of age, by gender, Canada, 2000 to 2009**



Adapted from the Statistics Canada CANSIM database, <http://cansim2.statcan.gc.ca>, table no. 102-0540. Accessed on July 10, 2012.

In Canada, suicide is among the top causes of death for youth and young adults. For males 15 to 19 years of age, there was a 23% decline in the suicide rate between 2000 and 2009. For females, the suicide rate remained relatively stable over this period.

#### Implications

Young women attempt suicide more often than young men; however, young men succeed more often than young women.<sup>1</sup> Poor mental health has a significant impact on the overall health and well-being of Canadian youth and young adults and can lead to tragic outcomes in this age group.<sup>2</sup>

<sup>1</sup> Canadian Institutes of Health Research (2005). Gender and Health. Accessed on May 28, 2012, at [http://www.cihr-irsc.gc.ca/e/documents/gender\\_health\\_mpkkit\\_2005\\_e.pdf](http://www.cihr-irsc.gc.ca/e/documents/gender_health_mpkkit_2005_e.pdf).

<sup>2</sup> Government of Canada (2006). The Human Face of Mental Health and Mental Illness in Canada. Accessed on May 28, 2012, at [http://www.phac-aspc.gc.ca/publicat/human-humain06/pdf/human\\_face\\_e.pdf](http://www.phac-aspc.gc.ca/publicat/human-humain06/pdf/human_face_e.pdf).

