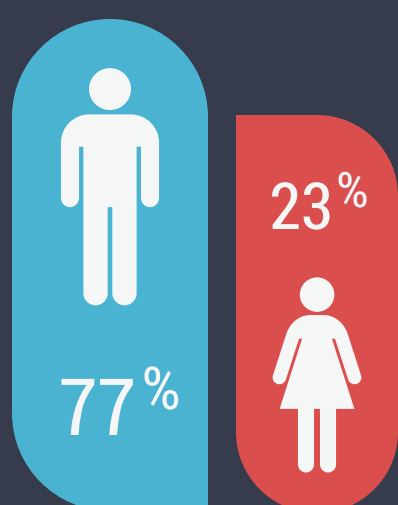


# SELF-HARM & SUICIDE

Every year around **2,000**  
Australians die by suicide

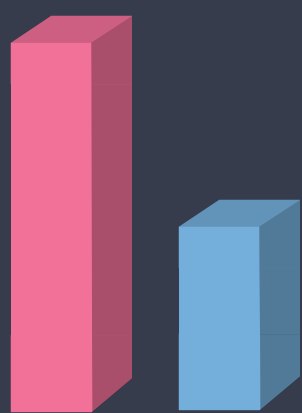
## WHO COMMITS SUICIDE?

More males than females



Highest rates of suicide:

Men aged 85+  
Women aged 50-54



## WHO SELF-HARMS

Hospitalisations for self-harm  
are 40% higher for women



## RISK FACTORS FOR SUICIDE AND SELF HARMING

- Mental illness
- Alcohol or drug abuse
- History of abuse
- Family history of suicide or violence
- Physical illness
- Feeling alone



Developed by Safer Community, Victoria University

Sources: AIHW, 2014; CDC, 2015 LIFE, 2007.