



### BACKGROUND AND KEY ISSUES

- Male suicides make up three-quarters of all suicides.<sup>1</sup>
- Ambulances respond to over 16,800 calls each year from males experiencing suicidal ideation and a further 9,000 ambulances respond to a suicide attempt.<sup>2</sup>
- A whole-of-government approach to male suicide prevention is required to improve the coordination of services.
- Cross-agency collaboration is vital to reach men at risk both before, during and after a suicidal crisis.
- According to the Queensland Suicide Register less than half of men (44.4%) who die by suicide have been diagnosed with a mental health disorder.<sup>3</sup>
- Strategies to identify opportunities to intervene with men who may be vulnerable to suicide, but not interacting with the formal mental health or suicide prevention systems are needed.
- Men need to be recognised as a priority population with a dedicated core stream within a national suicide prevention strategy that includes specific actions to address male suicide.
- Limited research is available about how men prefer to engage with services and particular service processes.
- Service providers need to understand how men are thinking, feeling and behaving to tailor responses to their needs.
- Evidence shows that tailored, targeted clinical and non-clinical interventions may increase men's service uptake and the effectiveness of treatments.<sup>4</sup>
- Factors associated with male suicide include: relationship breakdown, financial distress, unemployment, relationship conflict, and bereavement.<sup>5,6</sup>

### STATISTICS

- In 2019 men accounted for 2,502 out of a total 3,318 registered suicide deaths in Australia (19.8 males per 100,000).

<sup>1</sup> Australian Bureau of Statistics. (2021). Causes of death, Australia, available online at:

<https://www.abs.gov.au/statistics/health/causes-death/causes-death-australia/latest-release#intentional-self-harm-suicides-key-characteristics>.

<sup>2</sup> Beyond the Emergency: A National Study of Ambulance Responses to Men's Mental Health. Report. Turning Point and Monash University, Beyond Blue. Richmond, VIC, 2019, p. 8.

<sup>3</sup> Australian Men's Health Forum. (2019). Preventing male suicide, available online at:

[https://www.amhf.org.au/preventing\\_male\\_suicide](https://www.amhf.org.au/preventing_male_suicide).

<sup>4</sup> Seidler, Z. E., Dawes, A. J., Rice, S. M., Oliffe, J. L., & Dhillon, H. M. (2016). The role of masculinity in men's help seeking for depression: a systematic review. *Clinical Psychology Review*, 106-118.

<sup>5</sup> Ibid.

<sup>6</sup> Leske, S., Adam, G., Schrader, I., Catakovic, A., Weir, B., & Crompton, D. (2020). *Suicide in Queensland: Annual Report 2020*. Brisbane, Queensland, Australia: Australian Institute for Suicide Research and Prevention, School of Applied Psychology, Griffith University.

There are crisis services available 24/7 if you or someone you know is in distress:

Lifeline: 13 11 14

Suicide Call Back Service: 1300 659 467

[www.lifeline.org.au](http://www.lifeline.org.au)

[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

Suicide Prevention Australia

Phone: 02 9262 1130

Email: [admin@suicidepreventionaust.org](mailto:admin@suicidepreventionaust.org)

Web: [www.suicidepreventionaust.org](http://www.suicidepreventionaust.org)

- Suicide rates among men have increased over the past decade from 17.5 in 2010 to 19.8 in 2019.<sup>7</sup>
- Male suicide rates in 2019 were highest among men aged 85 and over, and men aged 45-49 made up 10.6% of all male suicide deaths.<sup>8</sup>
- Male suicides make up 70.3% of all Aboriginal and Torres Strait Islander suicides.
- Among Aboriginal and Torres Strait Islander men the suicide rate is highest among 25 and 34 years (72.5 deaths per 100,000).<sup>9</sup>
- Males who identify as gay, bisexual, transgender or intersex are at higher risk of suicide and have been reported to be four times more likely to have attempted suicide.<sup>10</sup>

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<sup>7</sup> Ibid.

<sup>8</sup> Ibid.

<sup>9</sup> Ibid.

<sup>10</sup> Skerret DM. Mental Health and Suicidal Behaviours in LGBTI Populations and Access to Care in Australia: A Literature Review, prepared for Queensland AIDS Council (2014).

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