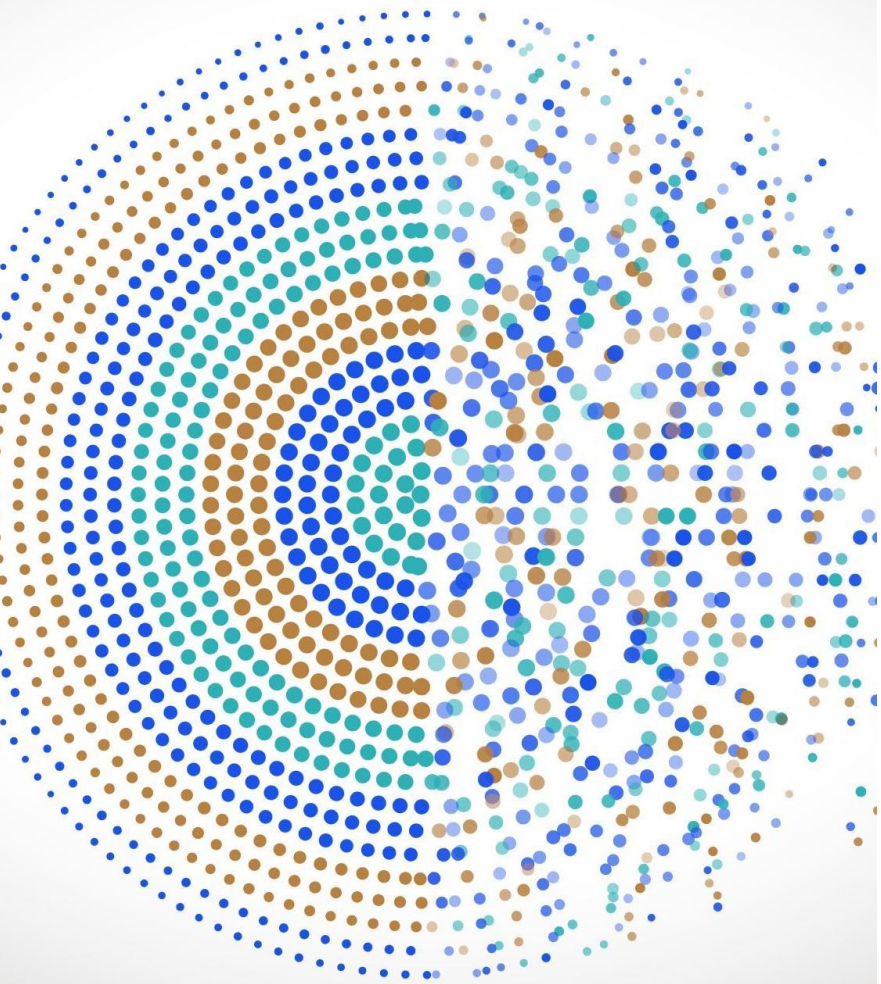


When  
life gets  
too  
tough





**Every suicide is a tragedy and impacts are wide reaching and devastating for family and whanau, friends and communities**



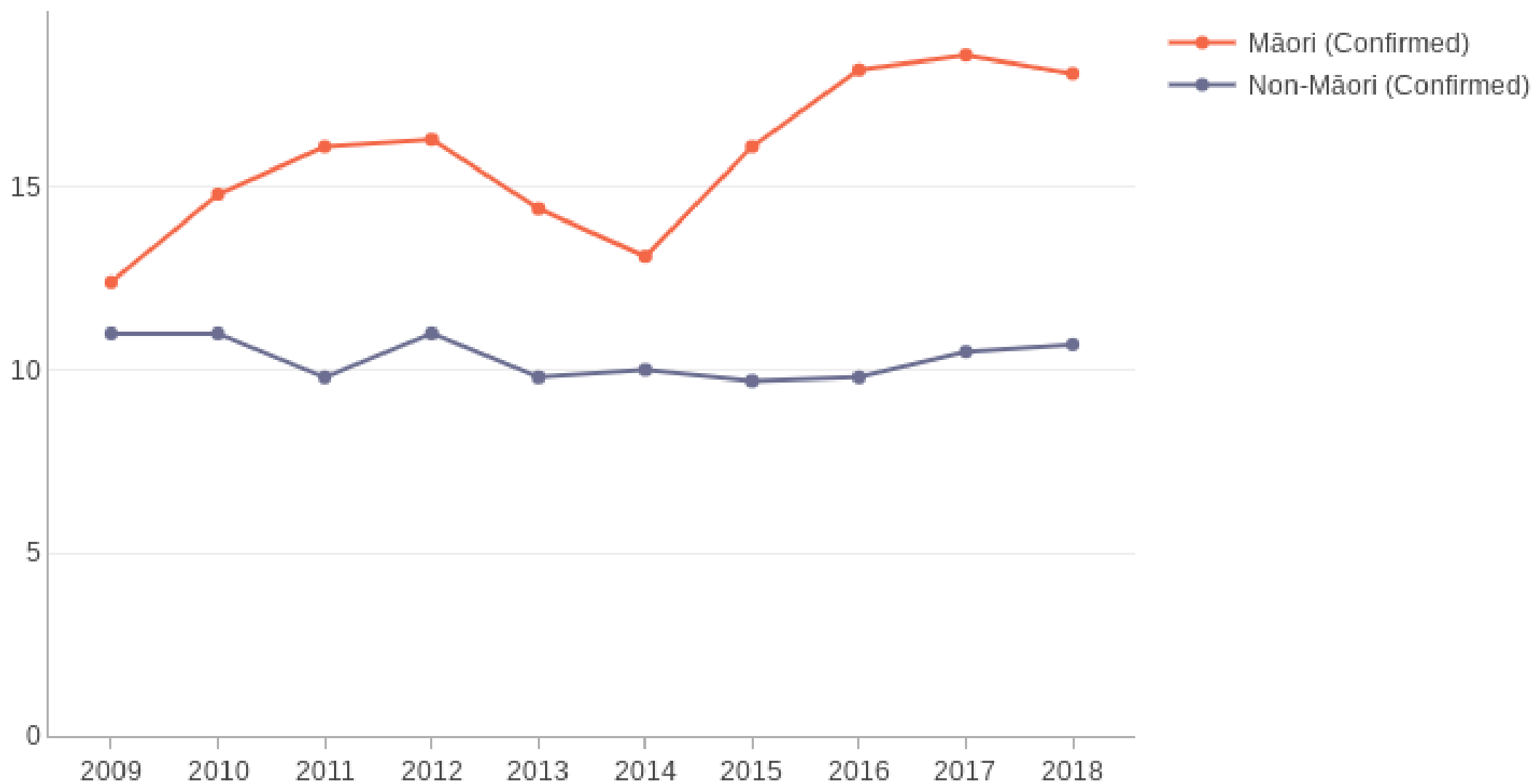
Suicide rates among Maori and Pacific peoples decrease with age, whereas suicide rates among European and other people do not.

Maori youth have higher suicide rates than youth from other ethnic groups.

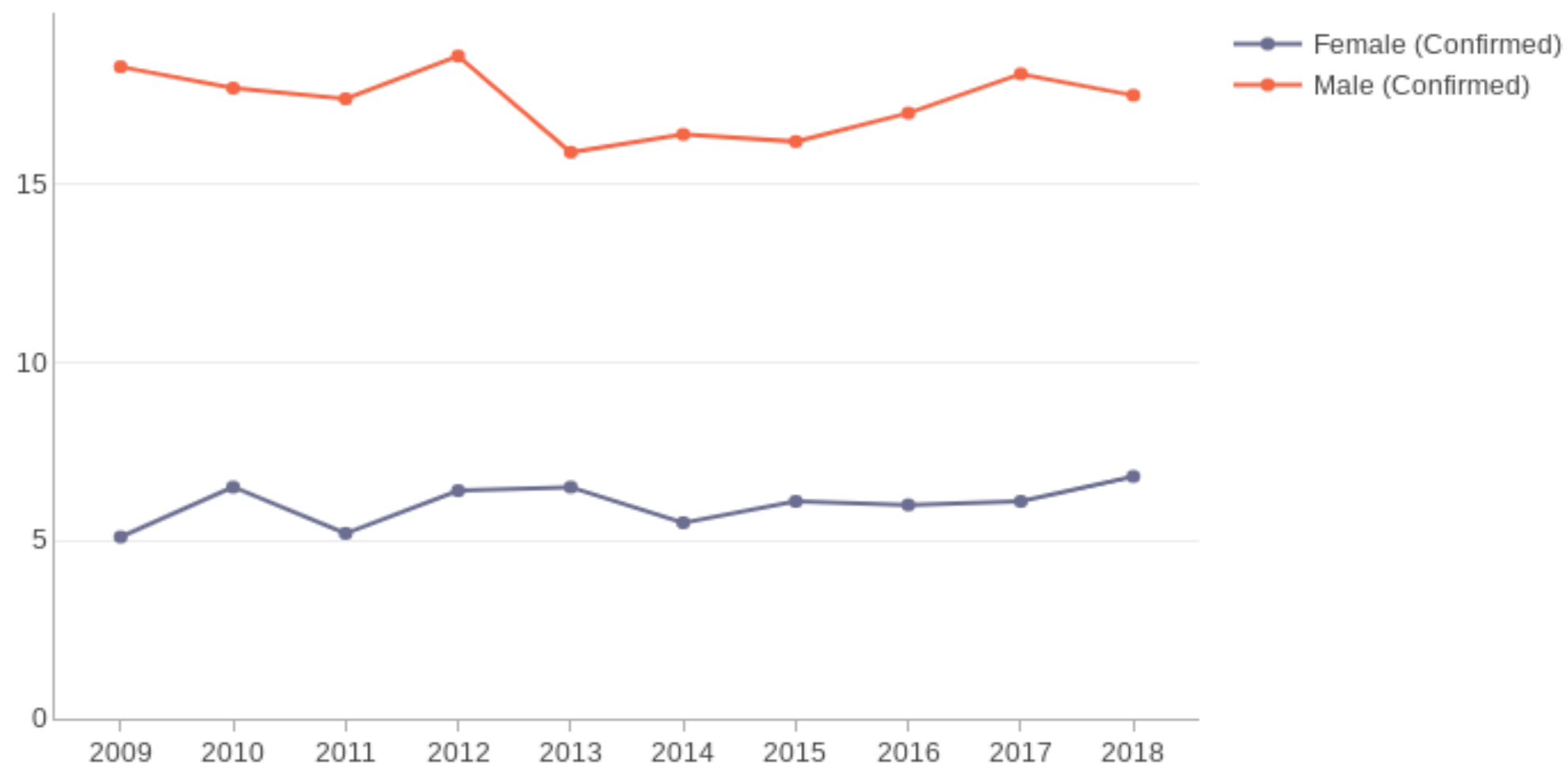
Suicide rates were coming down slowly until last year??

Suspected: 2019/20 = 628  
2020/21 = 607  
2021/22 = 538  
2022/23 = 564

# Maori – non Maori

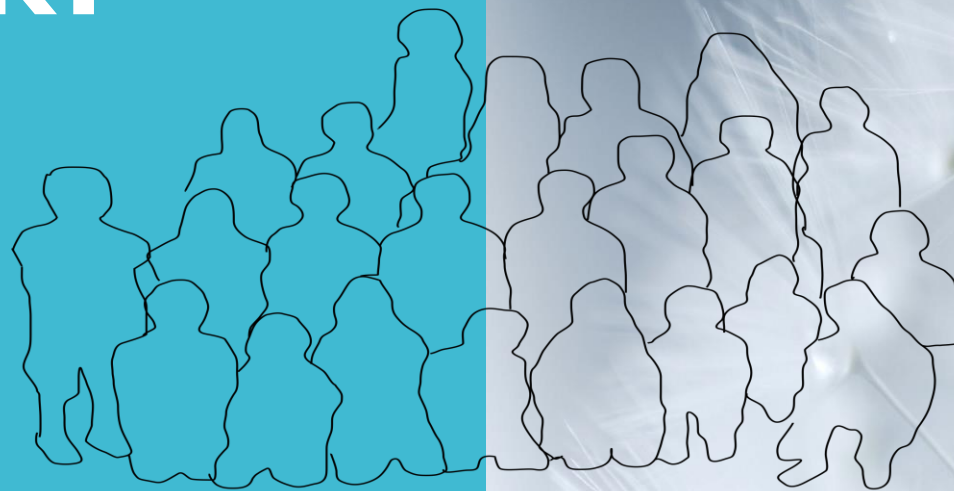


## Rate of suicide deaths for all ethnic groups and all ages, by sex, 2009–2021



Source: New Zealand Mortality Collection (confirmed suicides); Ministry of Justice's case management system (suspected suicides). Rates are per 100,000 and age-standardised to the World Health Organization's standard world population.

# Who's at risk?





Rikki Solomon



Signs to look for:

Most people thinking about taking their own life will try to let someone know, but they often won't say so directly.



# Remember to take care of yourself when you are caring for others

## References:

Te Whatu Ora Coronial Services of NZ  
Mental Health Foundation  
Rikki Solomon – International Journal of  
Integrated Care.

## Resources:

Health Ed  
Mental Health Foundation  
Contact Phone numbers



**In memory of my brother**

**Lost to suicide**

**2/11/55 - 22/10/22**

