



IS 457

Final Data Story

SELF INFLICTED DEATHS

BY SHUBHANGI SINGHAL (SS100)







“He was always warm, even in his darkest moments. While I’ll never, ever understand how he could be loved so deeply and not find it in his heart to stay, there’s minor comfort in knowing our grief and loss, in some small way, is shared with millions.”

– *Zelda Williams*





Are suicides
on the rise?

Suicide, total deaths ▼

description: Total number of estimated deaths from self-inflicted injury

sourceLink: <https://www.healthdata.org/>

VIEW AS:  

DOWNLOAD AS:  CSV  XLSX

country	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001
Afghanistan	703	754	820	894	977	1050	1100	1130	1170	1200	1250	1300
Albania	127	130	131	135	136	142	150	162	170	175	175	180
Algeria	806	822	843	866	888	912	941	983	1020	1060	1080	1100
Andorra	5.45	5.82	6.18	6.33	6.36	6.17	6.04	6.28	6.24	6.2	6.19	6.15
Angola	645	653	667	700	735	756	738	738	816	809	819	830
Antigua and Barbuda	1.27	1.3	1.32	1.34	1.36	1.41	1.44	1.49	1.61	1.64	1.59	1.55
Argentina	3300	3420	3580	3720	3890	4020	4160	4290	4360	4440	4520	4600
Armenia	134	136	146	155	158	160	158	149	143	142	135	130
Australia	2360	2380	2390	2380	2440	2500	2550	2630	2650	2610	2560	2500
Austria	1960	1940	1920	1900	1880	1850	1810	1750	1710	1680	1660	1600

A world map with a dark brown color scheme, showing the outlines of continents and countries. A solid pink rectangle is positioned in the top right corner of the image. Overlaid on the map is white text.

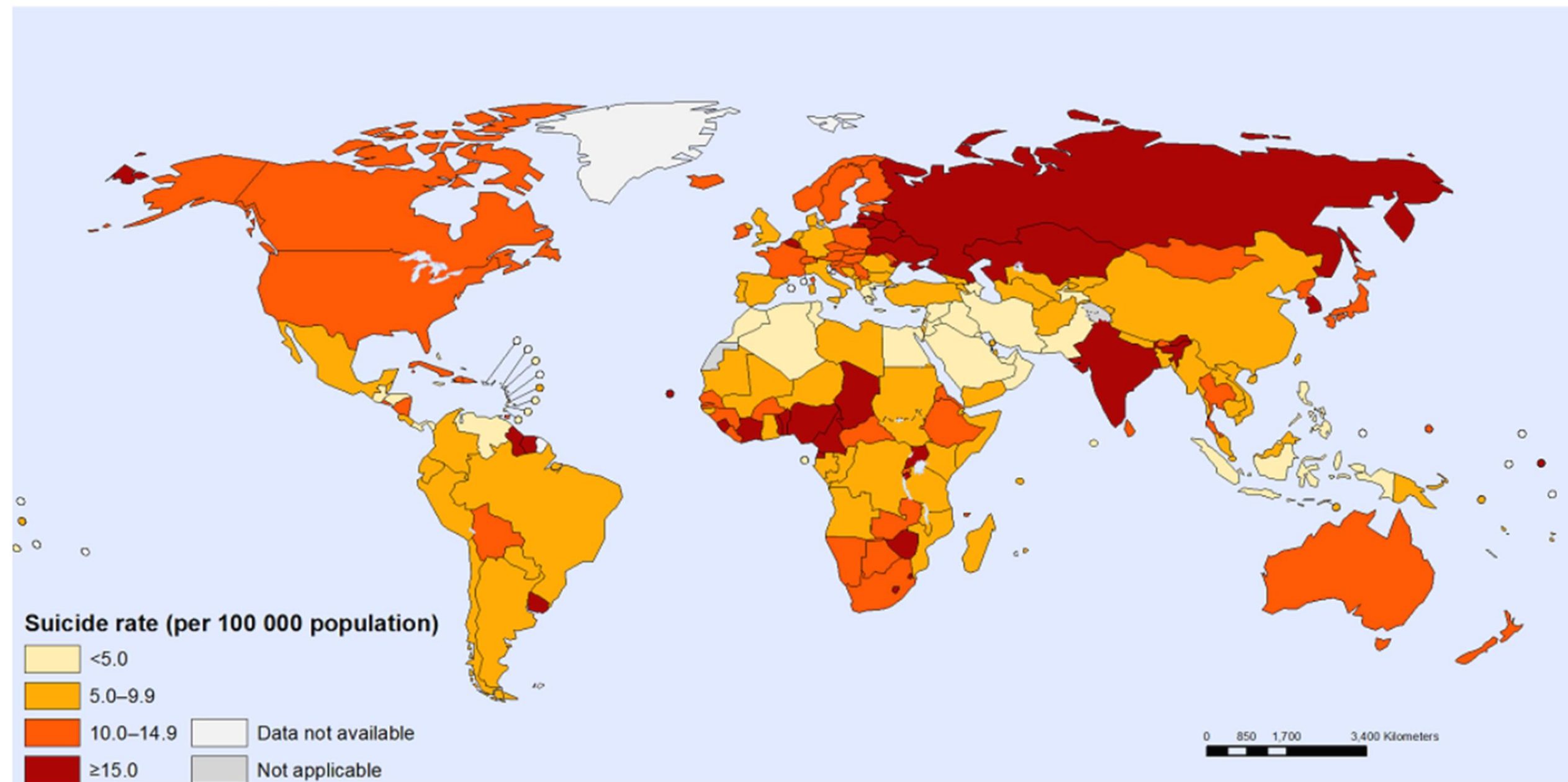
Exactly 22,319,801 number
of suicides reported since
1990!

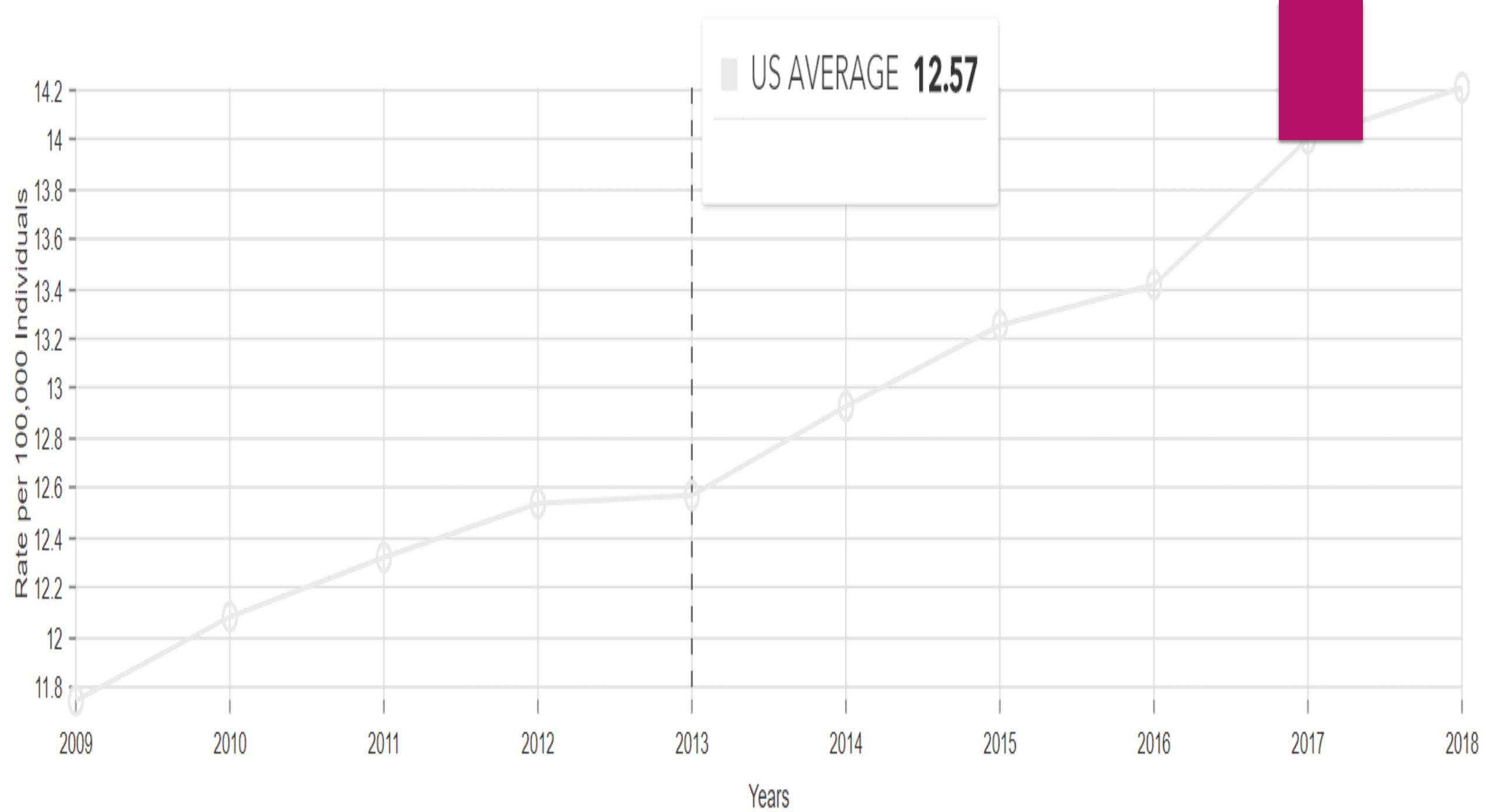
A world map with a dark brown background. The landmasses are outlined in a lighter brown color. India is highlighted in a dark red color. In the top right corner, there is a solid pink rectangle.

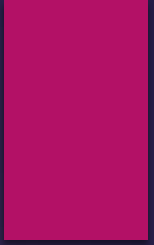
India reported a jump of
66,000 cases from 1990 to
2016

USA saw an increment of
12,000 deaths

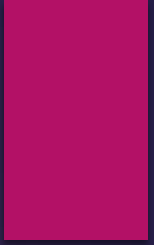
Age-standardized suicide rates (per 100 000 population), both sexes, 2016



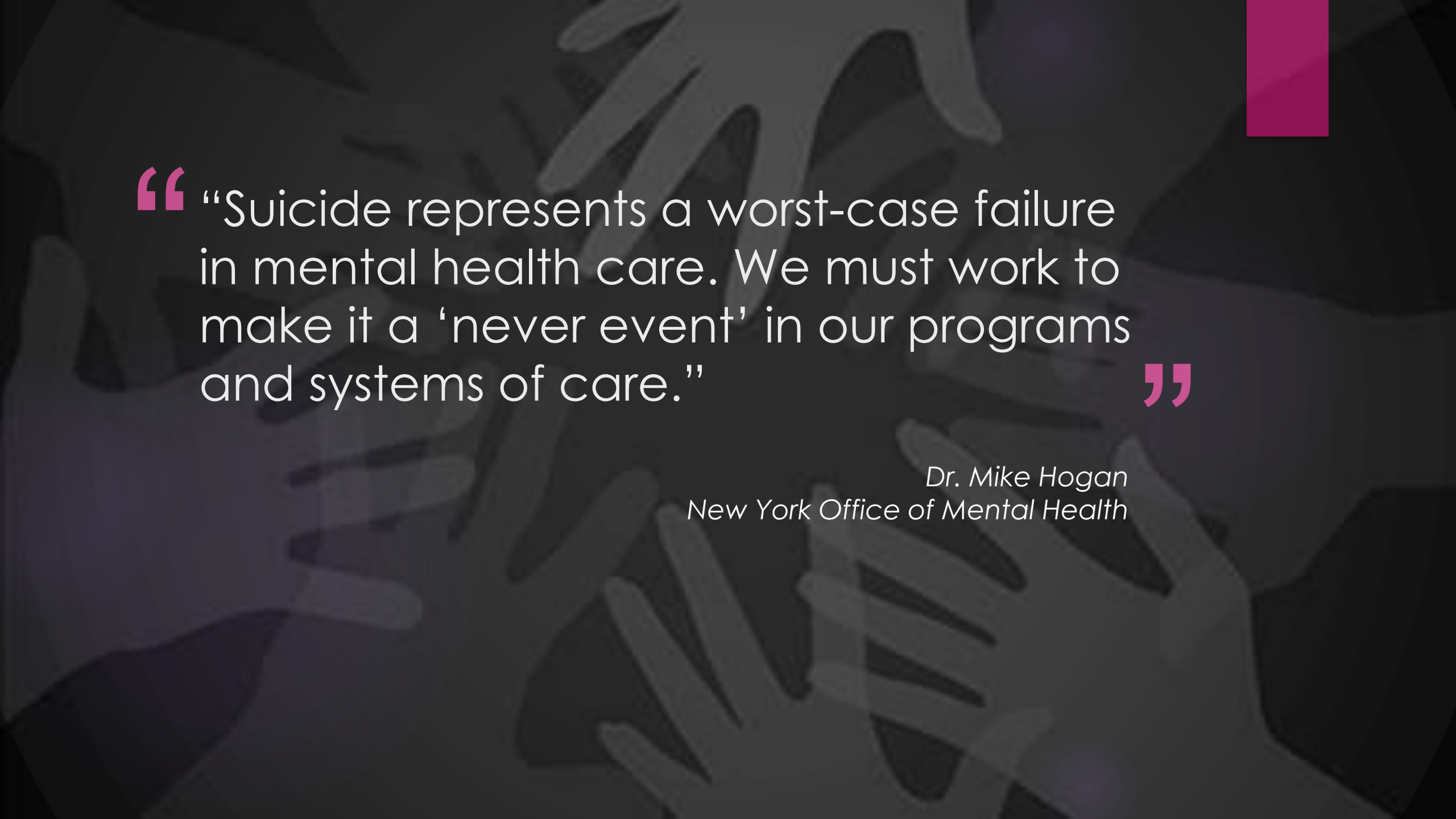




So why are we
not talking more
about suicide?



What factors
increase the
risk of suicide?



“Suicide represents a worst-case failure in mental health care. We must work to make it a ‘never event’ in our programs and systems of care.”

*Dr. Mike Hogan
New York Office of Mental Health*

Prevention & Resources

01

**Strengthen
access and
delivery of
suicide care**

02

**Create
protective
environments**

03

**Promote
connectedness**

04

**Identify and
support people
at risk**

05

**Lessen harm
and prevent
future risks**

06

**Be kinder to
each other
especially
during times of
global
pandemic**

07

**Reducing
Access to
Lethal Means of
Suicide**

08

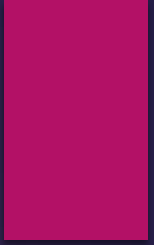
**National
Suicide
Prevention
Lifeline: Call at
800-273-8255**

Conclusion

- Increment in the total number of estimated deaths from self-inflicted injury which is a result of lower awareness and action in the field of mental health
- Fortunately, with judicious, proof-based interventions, suicides can be precluded.
- Idea behind data story is to spread awareness about the importance of mental health among people on a global level.
- Agenda may reinforce with people who support the cause.
- Role of empathy and compassion in thinking about the range of responses to a topic like this is that it will help audience ask the necessary questions.

References

- World Health Organization. (2018). Age standardized suicide rates (per 100,000 population).
https://www.who.int/mental_health/suicideprevention/Global_AS_suicide_rates_bothsexes_2016.png?ua=1
- Suicide data. (2019, September 27). Retrieved October 21, 2020, from
https://www.who.int/mental_health/prevention/suicide/suicideprevent/en/
- Qurotaini, L. (2019, August 13). World Suicide Data Visualization with Tableau. Retrieved October 21, 2020, from
<https://medium.com/@lulu.ilmaknun.q/world-suicide-data-visualization-with-tableau-4464b68883f5>
- <https://www.healthdata.org/> via Gapminder.org
- <https://ghdx.healthdata.org/gbd-2017> via Gapminder.org
- Suicide statistics. (2020, October 28). Retrieved November 10, 2020, from <https://afsp.org/suicide-statistics/>
- Prevention Strategies | Suicide | Violence Prevention | Injury Center | CDC. (2019, September 03). Retrieved November 10, 2020, from <https://www.cdc.gov/violenceprevention/suicide/prevention.htm>
- Mental Health - Home Page - CDC. (2018, January 26). Retrieved November 10, 2020, from
<https://www.cdc.gov/mentalhealth/index.htm>
- Suicide in Rural America. (2018, January 12). Retrieved November 10, 2020, from
<https://www.cdc.gov/ruralhealth/Suicide.html>
- Centers for Disease Control and Prevention. (2019, September 13). Coping with a Disaster or Traumatic Event.
<https://emergency.cdc.gov/>. <https://emergency.cdc.gov/coping/index.asp>



Thank You!
Any Questions?