

**THE SHAKA PROJECT.**

# Suicide in Australia

In 2018 there was more Male Deaths by suicide than road deaths in both 2018 & 2019 combined.

- 2019 Male Deaths from suicide: 2337
- 2018 + 2019 Australian Road Death Total: 2329

**75% of Suicides in 2018 were Men.**



## LEADING CAUSES OF DEATH, BY AGE GROUP. 2016-2018

Age group	1st	2nd	3rd	4th	5th
Under 1	Perinatal and congenital conditions	Other ill-defined causes	Sudden infant death syndrome	Accidental threats to breathing	Cardiomyopathy
1-14	Land transport accidents	Perinatal and congenital conditions	Brain cancer	Accidental drowning and submersion	Suicide
15-24	Suicide	Land transport accidents	Accidental poisoning	Assault	Other ill-defined causes
25-44	Suicide	Accidental poisoning	Land transport accidents	Coronary heart disease	Breast cancer
45-64	Coronary heart disease	Lung cancer	Suicide	Colorectal cancer	Breast cancer
65-74	Lung cancer	Coronary heart disease	COPD	Colorectal cancer	Cerebrovascular disease
75-84	Coronary heart disease	Dementia including Alzheimer disease	Cerebrovascular disease	Lung cancer	COPD
85 and over	Dementia including Alzheimer disease	Coronary heart disease	Cerebrovascular disease	COPD	Influenza and pneumonia

Australian Institute of Health and Welfare report 2020

# BEING THE “BIG MAN”

- Break the ice
- Engage
- Be consistent
- Be authentic
- Encourage more



# CUE

**CONNECTION**

**CONVERSATION**

**UNDERSTANDING**

**EMPATHY**