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#EqualityMatters Created by Gail Toms 2024

STATISTICS

762 probable suicides were registered in 2022

Men are less likely to access help than women

> 40% of men said it would take thoughts of selfharm or suicide before they would seek help

Men aged 40 to 49 have the highest suicide rates in the UK

> Males remain almost 3 times as likely to die by suicide than females.

In 2022, the average

age for suicide

death was 48.2

years.

Suicide is the biggest killer of men under 45 in the UK

Suicides per 100,000

13.9

Men are more likely to adopt unhealthy coping mechanisms

Call 116 123 for free

**SAMARITANS** 

## Provide supportive spaces

Signpost to relevant support agencies

Promote awareness and normalise conversations

Use positive masculine narratives

Educate staff about the warning signs

Train staff in gender-sensitive approaches

Offer flexible support options

Encourage male students to connect with peers who share similar experiences.



Avoid gender stereotyping



Suicide is Preventable

