

Nova Scotia needs an updated suicide prevention strategy, says expert

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mental health suicide depression

One Halifax-area professor is calling for an updated suicide prevention strategy in the province.

According to numbers from Statistics Canada, there has been an alarming rise in provincial suicide numbers over the past two decades.

That's led to the call for change from clinical psychologist Dr. Simon Sherry, who calls suicide a preventable public health issue.

Stats Canada show in the year 2000 there were 75 suicides in Nova Scotia. In 2016, that number had risen to 134.

Sherry tells NEWS 95.7 Nova Scotia's current framework is outdated, and a sound provincial strategy could result in action.

"We went from being a province with a below average suicide rate to a province with an above average suicide rate in a relatively short period of time," said Sherry.

Among some recommendations, Sherry says the province needs to limit access to common means for suicide, such as barriers on bridges.

Monday, Sept. 10 marks World Suicide Prevention Day.