

FACTORS ASSOCIATED WITH ALCOHOL USE AND SUICIDE



While most people who use alcohol will not experience suicidal behaviors, several factors can interact with alcohol use to increase the risk of suicide or alcohol use disorder: Socio-demographic factors. In terms of age, young adults (ages 18-34) report higher levels of drinking.

Regarding factors related to gender, men are more likely to die by suicide, whereas women are more likely to attempt it. Men are also more likely to experience heavy drinking and/or alcohol use disorder. Since the start of the pandemic, women in households with kids are more likely to report increased alcohol consumption, while men in single households are more likely to report problematic use.

Early-life adversity and trauma.

Both factors are strong predictors of mental health and substance use disorders, including alcohol use disorder and suicidal behaviours. Of the different types of early-life trauma, childhood maltreatment appears to be the strongest predictor of suicidal behaviours. Exposure to a parent's or family member's death by suicide may also increase the risk of suicide.



FACTORS ASSOCIATED WITH ALCOHOL USE AND SUICIDE



History of suicide and suicidal ideation.

Acute and/or heavy alcohol use can significantly increase the risk of suicidal behaviors in people with a history of suicide.

Individuals with a history of mental health disorders (e.g., anxiety and depression) and alcohol use disorders have an increased risk for thoughts of suicide, suicide attempts, and suicide. Of the cases of suicide deaths among young people (ages 15-29), 40 per cent involved a diagnosed substance use disorder.

Recent exposure to a stressful life event. Stressful life events, especially if they are interpersonal in nature (e.g., a breakup or family conflict), can precipitate suicidal behaviour for individuals with alcohol use disorder.

Higher rates of suicide exist among people who have experienced a divorce, especially for middle-aged and older males. An increased risk for mental health problems and death by suicide has been linked to a stressful life event such as general socio-economic insecurity or a job loss (especially in the first five years of unemployment).

We have many resources available at the Gambler Health Center please feel free to reach out for more info.

Kimberly McCormick
HCA/NNADAP/BHC
Gambler First Nation
204-532-2192

