

Kids Helpline Key Insights 2017

Suicide and young people in Australia

Suicide is one of the top reasons children and young people contact Kids Helpline, with contacts on this issue increasing by 22% since 2012.

In 2017:

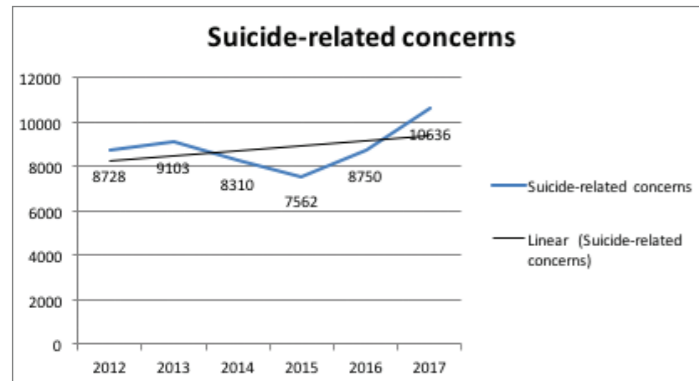
- About **one in six** (10,636 or 16%) counselling contacts to Kids Helpline involved a child or young person aged 5-25 **seeking help for suicide concerns.**
- The vast majority (79%) of these contacts were about the **child or young person's own suicidal thoughts or fears.**
- **One in eight** (12%) was about **concern for another person's suicidal thoughts or feelings.**

- Just less than one in 10 (6%) **concerned the child or young person's immediate intention to suicide** or their attempt at suicide at the time of contact.
- **Twenty-seven percent** (27%) were from children and young people **aged 14 years or under.**

National trends

Counselling contacts to Kids Helpline about suicide have risen by 22% since 2012, making up 16% of all counselling contacts in 2017.

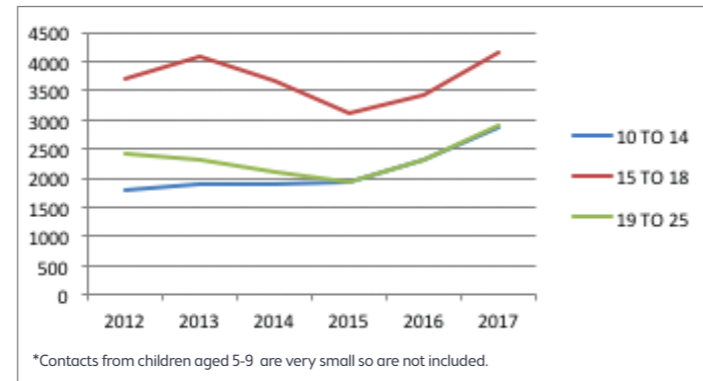
Since 2012 the number of contacts with suicide-related concerns from children and young people across Australia has risen by over 300 a year on average.



Trends by age*

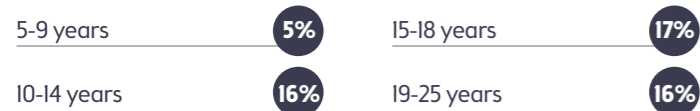
Contacts to Kids Helpline about suicide from young people aged 10-14 has shown a notable rise from 2012-2017.

Twenty-seven percent (27%) of contacts about suicide were from children and young people aged 14 or under.



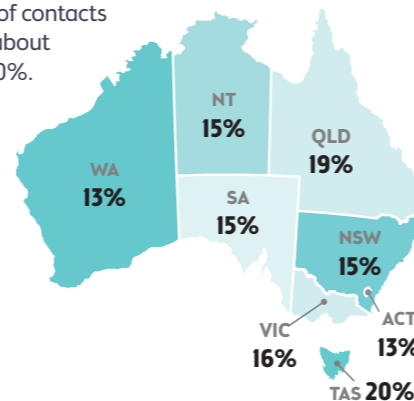
Age of contacts

The proportion of suicide-related contacts in each age group is similar at about 16% of all contacts in each group except for 5-9 year olds at 5%.



How States and Territories differ*

There are similar proportions of contacts within each state or territory about suicide, ranging from 13% to 20%. Queensland and Tasmania had the highest proportion of contacts to Kids Helpline about suicide with 19% and 20% respectively.



*The state or territory of origin is not known for about 12% of counselling contacts related to suicide.

Locality*

The relative frequency of contacts within regional and remote locations about suicide (22%) is slightly higher than that in major cities (18%).



*Location analysis is based on an adaptation of the Australian Statistical Geography Standard (ASGS) currently used by the Australian Bureau of Statistics. See the Kids Helpline Insights 2017 National Statistical Overview for further information.

Gender

A greater proportion of contacts from Intersex, Trans and Gender Diverse people is about suicide related concerns (26%) compared with those from females (17%) or males (13%).



Gender	Percentage
Female	17%
Male	13%
Intersex, Trans and Gender Diverse	26%

Cultural background

The proportion of contacts about suicide from people who identify as Culturally and Linguistically Diverse (CALD) is about half that of the proportion of suicide-related contacts from other cultural groups.

- Aboriginal &/or Torres Strait Islander (ATSI) **20%**
- Culturally and linguistically diverse (CALD) **11%**
- Neither ATSI or CALD **19%**



How did they make contact?

Kids Helpline counselling is available via phone, email and real-time WebChat. A third of suicide-related counselling contacts were made via WebChat and half via phone.

- 13% Email
- 52% Phone
- 35% WebChat



Intensive support

Kids Helpline plays a substantial role in protecting children and young people from harm, through:

- crisis intervention
- harm minimisation and prevention, and/or
- supporting children and young people to manage significant and ongoing issues impacting on their health and wellbeing.

Direct counsellor time with children and young people for all contacts to Kids Helpline has increased by 72% from 2007 to 2017.

A greater proportion of contacts from children and young people who are receiving ongoing support and counselling are about suicide (21%) compared with those receiving first time (14%) or occasional support (14%).



- 21% ongoing support and counselling
- 14% first time contacts
- 14% occasional support

Emergency 'Duty of Care' intervention

In 2017, there were 2,598 attempts by Kids Helpline to contact an external agency to support a child or young person and/or to protect them if they were experiencing or were at imminent risk of significant harm.



Eight out of ten (2,150 or 83%) were a **Duty of Care intervention** to protect a child from significant harm.

Child abuse and suicide attempts are the top two reasons for Duty of Care interventions in 2017.

37% of Duty of Care interventions related to a suicide attempt

About Kids Helpline

Kids Helpline is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25, responding to more than 7.5 million contacts over 26 years.

For further insights into issues affecting young people in Australia see the Kids Helpline 2017 National Statistical Overview and supporting reports at yourtown.com.au/insights/annual-overviews

Tips & Info for children, young people and parents about key issues, including suicide, can be accessed at kidshelpline.com.au

We're here. Anytime. Any Reason.

kidshelpline.com.au
1800 55 1800 24/7

Kids Helpline is a service of **yourtown** for 5-25 year olds