

To be an available lifeline to anyone in crisis

SUICIDE DEATHS AMONG ADULTS AGED 30 TO 39 INCREASE BY 50% IN 2024

Singapore, 28 July 2026 (Tuesday) – According to the Immigration and Checkpoints Authority (ICA), the final number of suicide deaths in Singapore for 2024 has been updated to 441 (an increase of 1.6% from 2023). This reflects a 40.4% increase from the provisional figure¹ of 314 reported last year.

While suicide deaths showed a general decline across all other age groups, there was an increase among adults aged 30 to 39 (99 suicide deaths, an increase of 50% from 66).

Other key findings from the report that have been finalised for 2024 include:

- Suicide death rate is 8.23 per 100,000 Singaporean residents (an increase of 0.04),
- Suicide is the second leading cause of death amongst adults aged 30 to 39,
- Suicide is the leading cause of death amongst youths aged 10 to 29,
- Among the 441 suicide deaths, 65.8% are male (290 deaths), and
- Older persons aged 60 and above account for 27.2% of all suicide deaths in 2024 – the lowest in the past 5 years.

Singapore reported a total of 256 suicide deaths in 2025, based on provisional data. The final actual number may differ substantially from the provisional number given the observation for 2024 actual from 2024 provisional.

“These should not just be numbers. Behind each one is a parent who still lies awake wondering what they missed, a friend who wishes they had called back. That grief can last a lifetime. The moments that matter most are rarely dramatic. They are small. Someone noticing a friend has gone quiet, and asking again, even when the answer was ‘I’m fine’. That is where prevention actually happens, in the ordinary moments between people who care enough to ask twice.” said Dr Jared Ng, Medical Director, Psychiatrist and Senior Consultant of Connections MindHealth.

This is why timely support matters. Every 13 hours, Samaritans of Singapore (SOS) de-escalates and prevents one person from imminent risk of suicide through timely crisis intervention. Over the past year, SOS responded to more than 55,000 calls and chats via its 24-hour Hotline and CareText services. Beyond its crisis helplines, SOS also provided in-person counselling services and support groups to more than 1,200 individuals experiencing emotional crisis.

Chief Executive Officer of SOS, Mr Terry Siow, commented, “While we have made meaningful progress in strengthening suicide prevention efforts over the years, the number of suicide deaths is a reminder that our work is far from done. Suicide prevention cannot rest solely with crisis services or mental health professionals. It requires all of us as family members, friends, colleagues, and neighbours, to recognise when someone may be struggling and have the confidence to start a conversation and direct them to the appropriate support resources.”

¹ From the Report on Registration of Births and Deaths (RBD) 2023 onwards, death cases for the reporting year that are pending Coroner's Inquiry (CI) at the time of publication are provisionally classified under “Cause of Death Listing 1-094: Symptoms, signs & abnormal clinical & laboratory findings, not elsewhere classified”. The final classification of these cases may change when the Coroner's findings are concluded. Any reclassification arising from the inquiry will be reflected in the subsequent year's publication. Prior to Report on RBD 2023, such cases were classified based on the cause of death recorded in death certificates, and were not reclassified after the CIs were concluded.

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Age and gender differences impact both suicide deaths and suicide attempts. Through its 24-hour crisis helplines, SOS has observed that adults aged 30 to 39 often face complex pressures and psychosocial stressors related to family, employment, and social isolation while youths aged 10 to 29 struggle with stressors related to family, education and interpersonal relationships. For older persons aged 60 and above, key issues remain medical issues and social isolation, as they experience a decline in physical health, mobility and social connections.

Males account for 65.8% of suicide deaths in 2024. This trend was particularly pronounced among adults aged 60 and above, where there were three times the number of males lost to death by suicide than females². Existing research suggests that males are more socially isolated, more reserved in seeking help when experiencing emotional distress, and are more likely to use highly lethal means in suicide attempts. In contrast, while females accounted for approximately one-third of suicide deaths, 62.5% of suicide-related calls and texts received by SOS in 2024 were from female service users, pointing to higher rates of women's help-seeking behaviours related to pressures of differing societal roles and norms such as caregiving and gender-based violence.

Suicide is a complex issue influenced by multiple factors, including mental health and social determinants such as unemployment, lower educational outcomes, income equality, housing insecurity, adverse childhood experiences, exposure to violence, physical and mental disabilities, and social isolation. As a result, interventions and solutions addressing suicide prevention should be multi-faceted and intersectional in nature to support persons vulnerable to suicide from diverse communities and backgrounds.

Beyond providing crisis support, SOS seeks to strengthen early intervention through prevention efforts. Its Be A Samaritan (BAS) programme aims to equip more individuals to recognise distress early, start conversations, and guide those in need towards appropriate support. In the past financial year, SOS has trained over 2,000 individuals across workplaces, schools, and communities, with more than 90% reporting increased literacy and confidence in responding to conversations around suicide. SOS continues to develop partnerships with several organisations to customise the BAS programme to specific needs and widen the safety nets in the community.

Recognising that suicide prevention is a shared responsibility, SOS will convene its flagship suicide prevention symposium titled, SONDER: Where Resilience Meets Collective Hope, on 10 September 2026 in conjunction with World Suicide Prevention Day. Bringing together local and international experts, practitioners, and community leaders, the symposium will explore emerging trends, evidence-informed practices, and collaborative approaches to strengthen suicide prevention across Singapore and the region.

[NOTE: Breakdown of Annual Suicide Rates based on ICA's "Report on Registration of Births and Deaths 2025". Figures for 2025 are provisional. The finalised figures are to be published only in the following year's report.]

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² Among adults aged 60 and above, men accounted for suicide deaths at a rate approximately three times higher than women in 2024, despite women outnumbering men in the resident population within this age group (10 women to 8.8 men).

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About SOS

Samaritans of Singapore Limited (SOS) is a secular, non-profit suicide prevention centre. Since its establishment in 1969, SOS has developed into a professionally run and managed organisation. It adopts a holistic approach to suicide-related topics, focusing on prevention, intervention and postvention, an intervention conducted after a suicide for loved ones and friends. With the mission to be an available lifeline to anyone in crisis, SOS offers emotional support to people in crisis, thinking of suicide, or affected by suicide. All information shared with SOS is treated as confidential and people can choose to remain anonymous.

24-hour Hotline: 1767

24-hour CareText: 9151 1767 (via WhatsApp)

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ANNEX A

SOS PROGRAMMES AND SERVICES

These training and community programmes focus on early intervention, prevention, and postvention efforts, complementing its 24-hour Hotline and 24-hour CareText services.

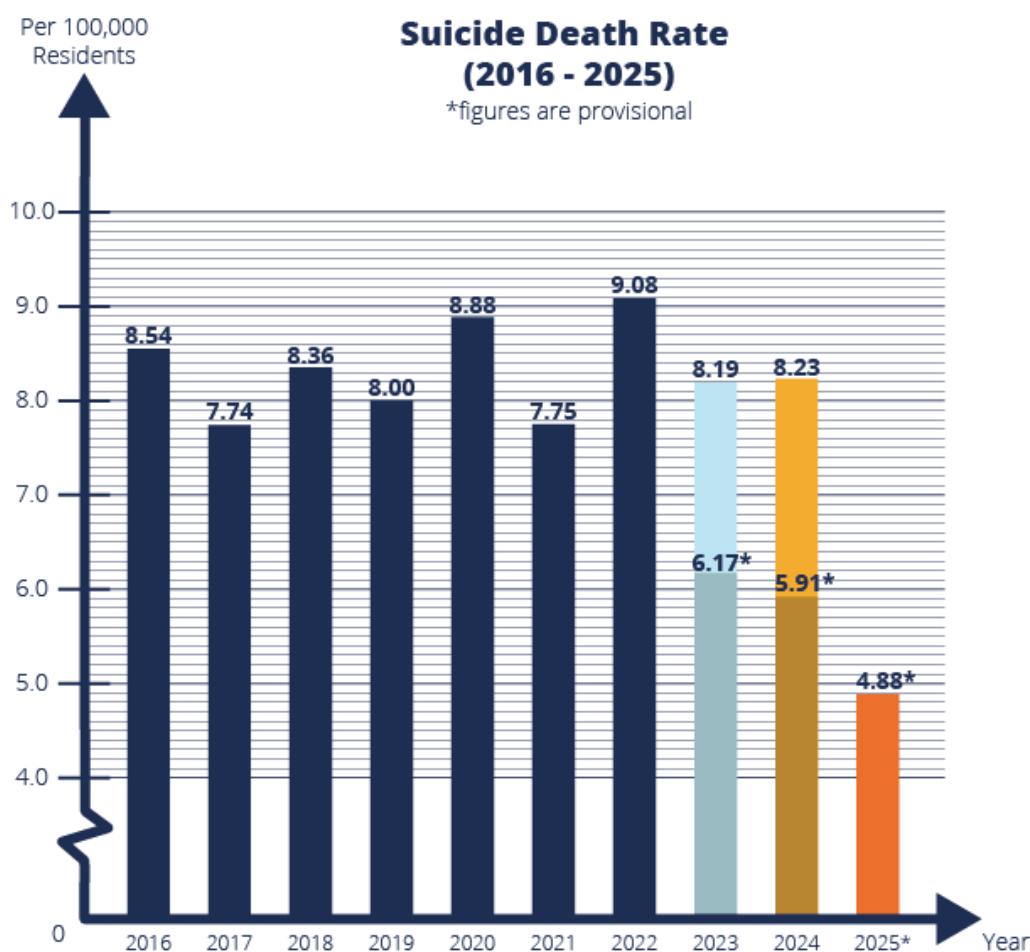
24-hour Helplines	24-hour Hotline: 1767 24-hour CareText: 9151 1767 (via WhatsApp)
Specialist Counselling	Specialist Counselling for Suicide Crisis and Suicide Loss A free-of-charge specialist counselling service for individuals experiencing emotional distress, crisis, and/or the loss of a loved one to suicide.
Professional Training	Registered Training Provider (RTP) status by Singapore SkillsFuture (SSG) and Learning Institute appointed by Agency for Integrated Care (AIC) - SOS training courses are recognised to meet industry standards - AIC SOS training courses are designed for Community Outreach Teams (CREST) and Community Intervention Teams (COMIT) - These training courses will be made available and accessible to the public. Full list of professional training programmes offered by SOS: https://www.sos.org.sg/support-those-in-distress/professional-training/ Full list of professional training programmes offered through AIC: https://lms.wizlearn.com/aic/Marketplace/PublicCatalogue.aspx?searchText=&scrollY=0
Community Programmes	Be A Samaritan (BAS) Programme - A first-responder community programme that equips individuals with confidence, knowledge and skills to recognise and respond to signs of distress. - In this programme, participants will learn to respond to someone who is struggling with suicidal thoughts using the '3A approach': - Identify suicidal distress (Alert) - Use empathy and the suicide question when approaching someone in suicide distress (Approach) - Match community resources or help available for person in distress (Assist) - BAS is available in three languages: English, Mandarin and Malay. - BAS Junior is designed to reach out to youths aged 13-16 with the aim to educate and equip them with the skills to be the first-responders amongst peers. For more information, please visit: https://www.sos.org.sg/training/be-a-samaritan-bas-programme/

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Support Groups	‘Light in the Dark’ Support Group • An in-person structured 6-week support group for individuals struggling with suicidal thoughts or attempts. • The sessions cover the following topics: ○ Introduction and Sharing of Lived Experience ○ The Suicidal Mind ○ Understanding Warning Signs ○ Enhanced Coping Skills ○ Strength and Hope ○ Caring for Self
	‘Healing Within’ Support Group • An online structured 6-week support group for suicide loss survivors (individuals who have lost a loved one to suicide). • The sessions cover the following topics: • Unpacking the Language of Grief • Common Grief Reactions • Grief in Our Body • Stories of Strength • Discovering the Imprints • Wall of Hope and Next Steps
	‘Healing Bridge’ Support Group • An in-person monthly support group for suicide loss survivors (individuals who have lost a loved one to suicide). • There are no fixed topics covered in this programme but it focuses on processing emotions that come up during the sessions. • New members can join the group any time as participants share their struggles and find ways to support one another in their grief journeys. • Sessions are facilitated by Healing Companions (trained SOS volunteers who have personally lost someone to suicide and now support others also experiencing the pain of suicide bereavement) to ensure a safe and supportive environment.

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ANNEX B



SUICIDE RATE (2015 - 2024)	
YEAR	SUICIDE RATE (per 100,000 residents)
2015	8.43
2016	8.54
2017	7.74
2018	8.36
2019	8.00
2020	8.88
2021	7.75
2022	9.08
2023	8.19
2024	8.23

SUICIDE RATE (2023* - 2025*)	
YEAR	SUICIDE RATE (per 100,000 residents)
2023*	6.17
2024*	5.91
2025*	4.88

*figures are provisional

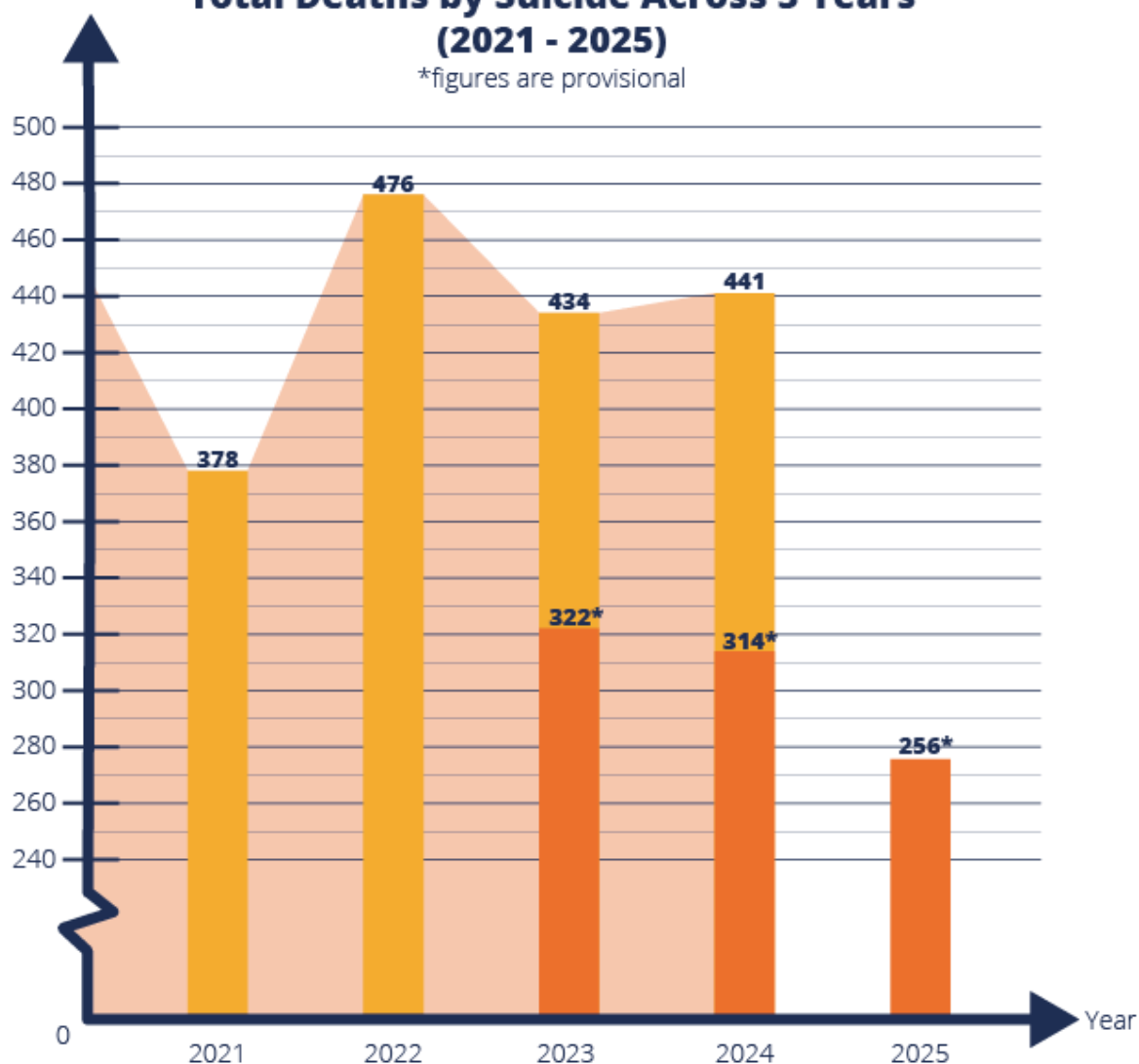
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ANNEX C

Total Deaths by
Suicide (Persons)

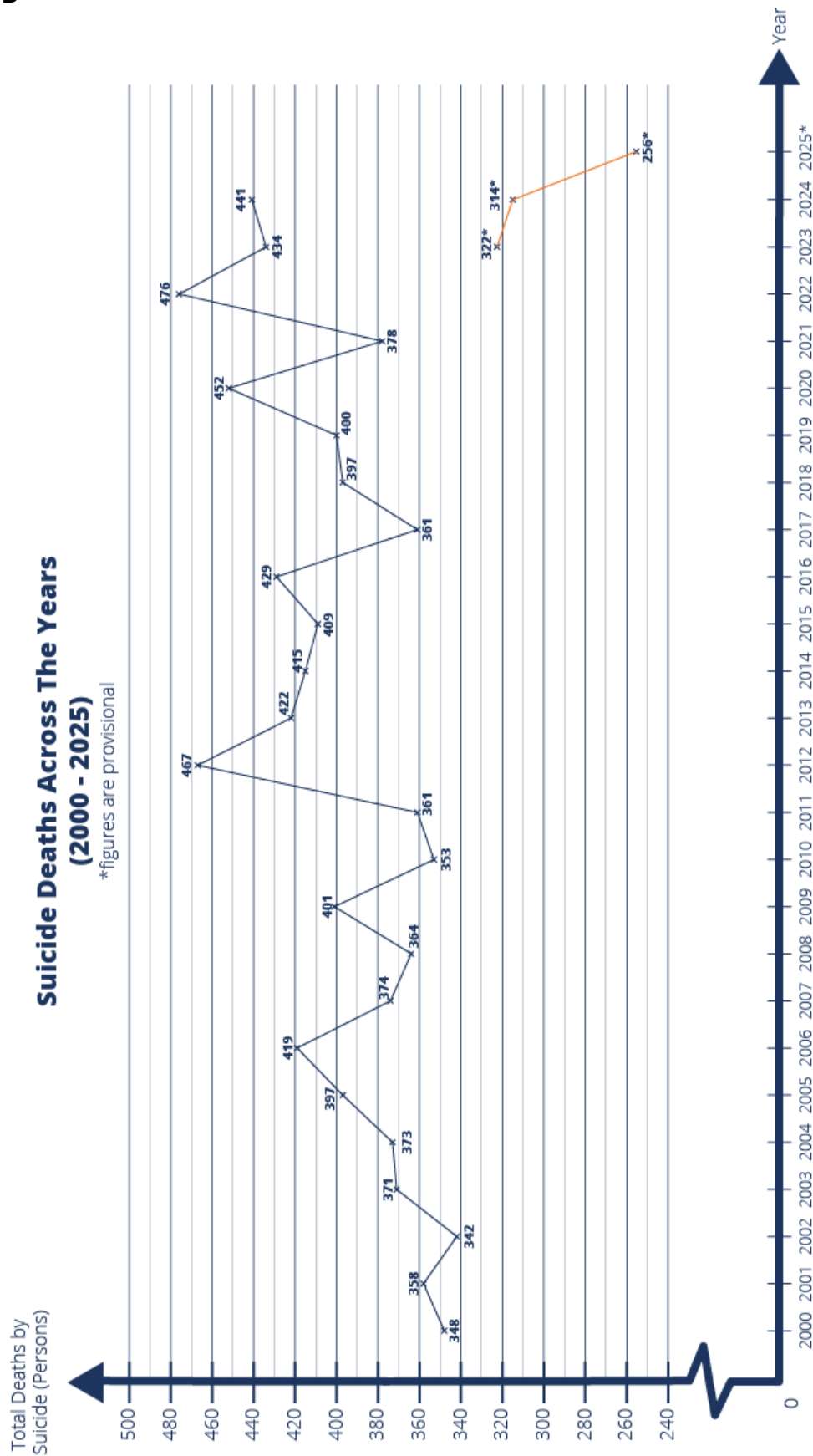
Total Deaths by Suicide Across 5 Years (2021 - 2025)

*figures are provisional



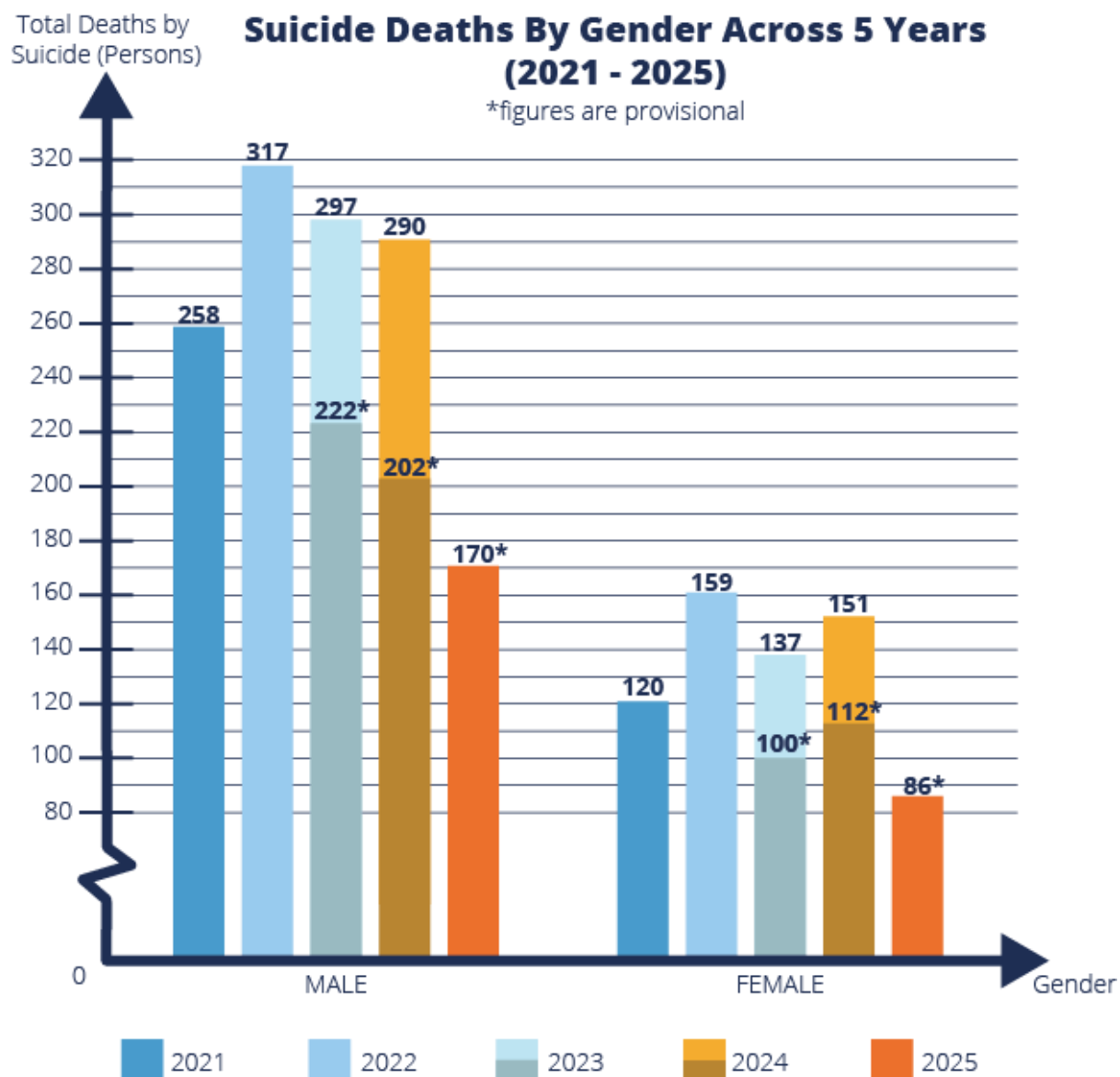
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ANNEX D



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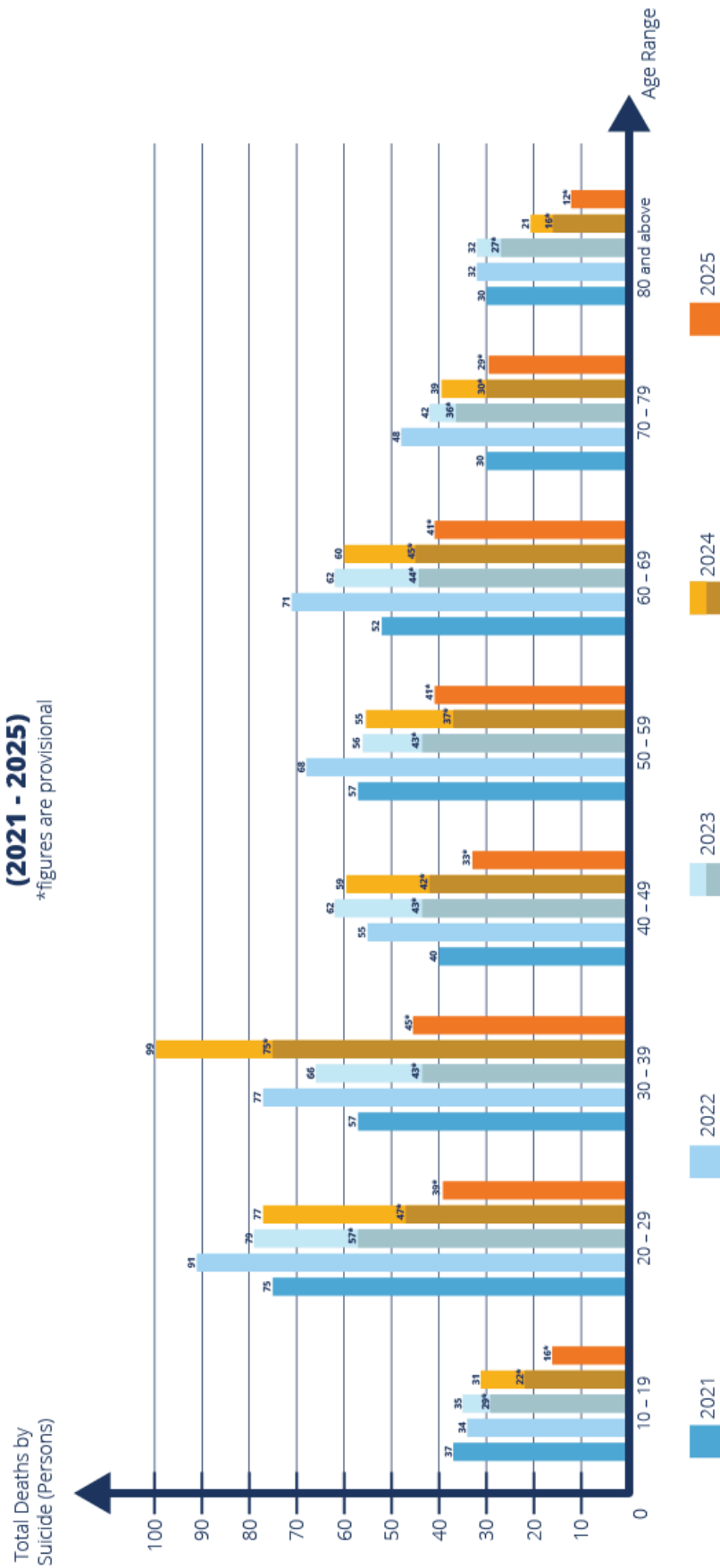
ANNEX E



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ANNEX F

Suicide Deaths By Age Across 5 Years (2021 - 2025)

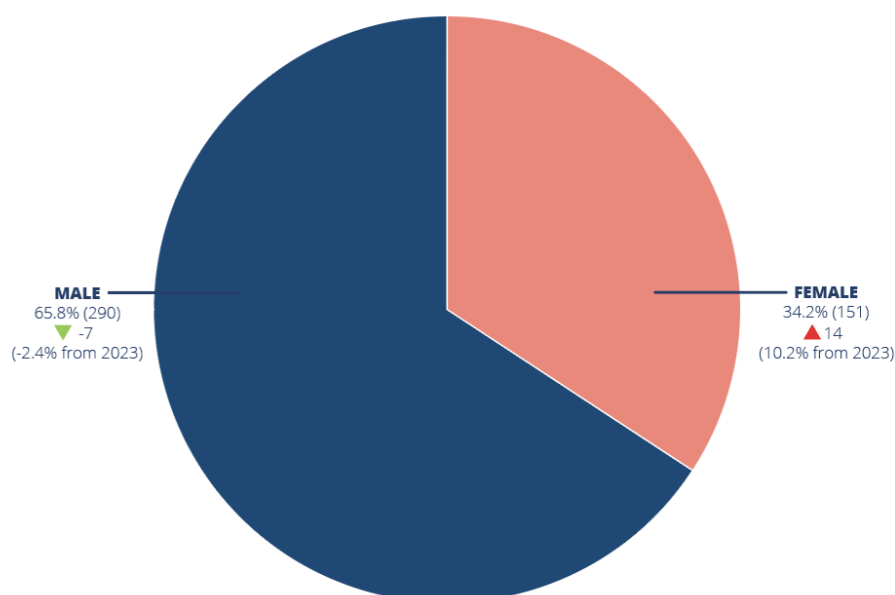
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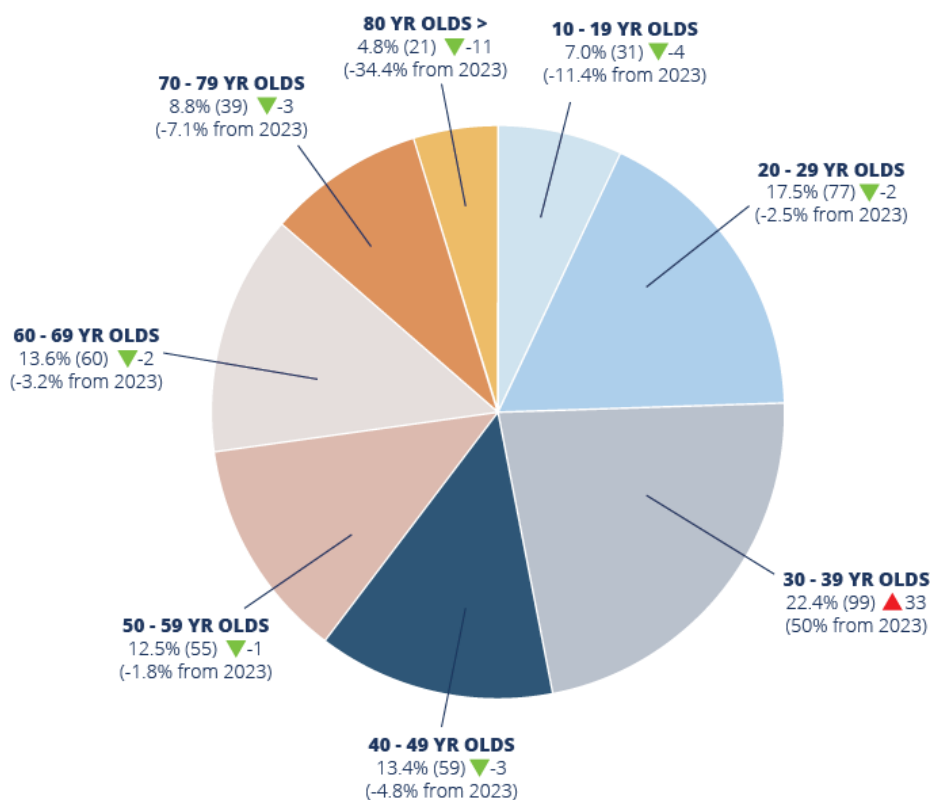
ANNEX G

Breakdown of Deaths by Suicide by Gender for 2024 (N=441)



ANNEX H

Breakdown of Deaths by Suicide by Age for 2024 (N=441)



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ANNEX I

SUICIDE DEATHS BY GENDER (2020 - 2024)			
YEAR/GENDER	MALE	FEMALE	TOTAL
2020	320	132	452
2021	258	120	378
2022	317	159	476
2023	297	137	434
2024	290	151	441

SUICIDE DEATHS BY GENDER (2023* - 2025*)			
YEAR/GENDER	MALE	FEMALE	TOTAL
2023*	222	100	322
2024*	202	112	314
2025*	170	86	256

*figures are provisional

ANNEX J

SUICIDE DEATHS BY AGE GROUP (2020 - 2024)										
YEAR/AGE	5-9	10-19	20-29	30-39	40-49	50-59	60-69	70-79	80 and above	Total
2020	0	30	71	66	76	55	69	55	30	452
2021	0	37	75	57	40	57	52	30	30	378
2022	0	34	91	77	55	68	71	48	32	476
2023	0	35	79	66	62	56	62	42	32	434
2024	0	31	77	99	59	55	60	39	21	441

SUICIDE DEATHS BY AGE GROUP (2023* - 2025*)										
YEAR/AGE	5-9	10-19	20-29	30-39	40-49	50-59	60-69	70-79	80 and above	Total
2023*	0	29	57	43	43	43	44	36	27	322
2024*	0	22	47	75	42	37	45	30	16	314
2025*	0	16	39	45	33	41	41	29	12	256

*figures are provisional

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ANNEX K

MALE DEATHS BY SUICIDE AND AGE GROUP (2020 - 2024)										
YEAR/AGE	5-9	10-19	20-29	30-39	40-49	50-59	60-69	70-79	80 and above	Total
2020	0	21	50	51	53	40	52	34	19	320
2021	0	16	51	44	29	42	38	24	14	258
2022	0	19	69	57	36	43	44	30	19	317
2023	0	22	61	42	48	38	37	26	23	297
2024	0	15	50	66	35	34	43	29	18	290

MALE DEATHS BY SUICIDE AND AGE GROUP (2023* - 2025*)										
YEAR/AGE	5-9	10-19	20-29	30-39	40-49	50-59	60-69	70-79	80 and above	Total
2023*	0	18	47	26	36	29	25	21	20	222
2024*	0	8	28	49	26	24	31	22	14	202
2025*	0	11	27	30	21	29	26	19	7	170

ANNEX L

FEMALE DEATHS BY SUICIDE AND AGE GROUP (2020 - 2024)										
YEAR/AGE	5-9	10-19	20-29	30-39	40-49	50-59	60-69	70-79	80 and above	Total
2020	0	9	21	15	23	15	17	21	11	132
2021	0	21	24	13	11	15	14	6	16	120
2022	0	15	22	20	19	25	27	18	13	159
2023	0	13	18	24	14	18	25	16	9	137
2024	0	16	27	33	24	21	17	10	3	151

FEMALE DEATHS BY SUICIDE AND AGE GROUP (2023* - 2025*)										
YEAR/AGE	5-9	10-19	20-29	30-39	40-49	50-59	60-69	70-79	80 and above	Total
2023*	0	11	10	17	7	14	19	15	7	100
2024*	0	14	19	26	16	13	14	8	2	112
2025*	0	5	12	15	12	12	15	10	5	86

*figures are provisional

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ANNEX M

SUICIDE DEATHS BY ETHNIC GROUP (2020 - 2024)					
YEAR/ETHNIC GROUP	Chinese	Malay	Indian	Others	Total
2020	320	19	89	24	452
2021	288	8	68	14	378
2022	353	22	74	27	476
2023	302	19	80	33	434
2024	321	18	67	35	441

SUICIDE DEATHS BY ETHNIC GROUP (2023* - 2025*)					
YEAR/ETHNIC GROUP	Chinese	Malay	Indian	Others	Total
2023*	224	16	60	22	322
2024*	226	14	50	24	314
2025*	183	11	46	16	256

*figures are provisional