



World Suicide Prevention Day 10/09/19

Every year, suicide is among the top 20 leading causes of death globally for people of all ages and in the UK the highest suicide rate is among men aged 45 to 49 and women aged 50 to 54 (Samaritans). It is responsible for over 800,000 deaths, worldwide, which equates to one suicide every 40 seconds.

Each life lost represents someone's partner, child, parent, family member, friend or colleague. For each suicide approximately 135 people suffer intense grief or are otherwise affected; this amounts to 108 million people per year who are profoundly impacted by suicidal behaviour. Suicidal behaviour includes suicide, suicidal ideation and suicide attempts.

The theme for this year's WSPD is **"Working Together to Prevent Suicide"** chosen because it highlights the collaboration needed by individuals and organisations for effective suicide prevention. It is possible and you can make a difference.

On World Suicide Prevention Day each of us can help by paying attention to the wellbeing of people in our family and community – make a commitment to check in on the people you love, ask a simple 'how are you?' to open up a conversation.

Listening and being open and understanding can help those at risk by letting them know it's ok to share. It can often feel difficult to start these conversations; Samaritans has tips on how to be a good listener [Samaritans.org/difficult-conversations](https://www.samaritans.org/difficult-conversations)

The things you can do are:

- Raise awareness about the issue – educate yourself and others about the causes of suicide
- Understand the warning signs for suicide
- Show compassion and care for people in your community in distress
- Question the stigma associated with suicide, suicidal behaviour and mental health problems
- Share your own experiences

Everyone can make a contribution in preventing suicide. Suicidal behaviour is universal and knows no boundaries so could affect anyone.

This Tuesday September 10th join with us and light a candle near a window at 8pm as a symbol of support for suicide prevention, and for the memory of loved ones lost to suicide.

Connect with: Facebook ([facebook.com/IASPinfo](https://www.facebook.com/IASPinfo)) Twitter (twitter.com/IASP.info) to share your support of World Suicide Prevention Day 2019 #wspd #suicideprevention #suicide

Help and support

If you have seriously harmed yourself, or you don't feel you can keep yourself safe right now seek immediate help by calling 999 or going straight to A&E.

If you are experiencing suicidal thoughts and need support, you can:

- Call your GP and ask for an emergency appointment
- Call NHS 111 (England) or NHS Direct (Wales) for out-of-hours help
- Contact the Mental Health Crisis Team 0303 123 1146
- Contact the SHOUT text service by texting SHOUT to 85258 or the Young Minds Text service text YM to 85258
- Call Samaritans they offer a 24 hours a day, 7 days a week support service, free call 116 123 or email jo@samaritans.org

Source credits: IASP International Association for Suicide Prevention; Mental Health Foundation; Samaritans