



World Suicide Prevention Day

Connect. Communicate. Care.

Saturday 10th September 2016



What is World Suicide Prevention day?

World Suicide Prevention Day is held each year on the 10th of September. It's an annual awareness raising event organized by International Association for Suicide Prevention (IASP) and the World Health Organisation (WHO).

This year's theme is about connecting, communicating and caring and understanding the positive effect this can have on those at risk of suicide.

Why is it important?

More than **800,000** people take their lives each year across the world. In the UK and ROI, more than **6,000** people die by suicide a year - an average of 18 a day.

Reaching out to people who are going through a difficult time or have become disconnected from others can be a game changer. Those who are feeling low or suicidal often feel worthless and think that no-one cares. Small things like hearing from friends or family, feeling listened to or just being asked the question 'are you ok?' can make a huge difference.

What you can do

If you think a friend, colleague or family member may be struggling, start a conversation today. You can also join us on Twitter to spread the word using the #itsokaytotalk

When a person reaches a point where they are focused on taking their life, they've often lost sight of trying to find a way through their problems. This period usually only lasts a short while and often it doesn't take a huge amount to bring someone back from that decision – something as simple as asking, 'are you ok?' can be enough to move someone out of suicidal crisis.

How can people reach out?

It can be daunting to approach someone who is struggling to cope; you may not know what to say or worry that you'll make things worse. However, you don't need to be an expert. Often, just asking if someone's OK can give people the confidence to open up about how they're feeling.



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Support available



FREE Stay Alive app

The app is totally free to users and offers help and support both to people with thoughts of suicide and to people concerned about someone else. Most of the content is viewable offline, and parts of the app can be customised by the user to suit their personal needs. The app can be downloaded for free via Google play and app store.

http://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html



Samaritans

Samaritans are there round the clock every single day for the year for anyone struggling to cope. If you're worried about someone, or would like emotional support yourself, call free **116 123** or email: jo@samaritans.org



CALM

CALM helpline is for men who are down or have hit a wall for any reason, who need to talk or find information and support. They are open 5pm - midnight, 365 days a year. Call **0800 58 58 58**, web chat also available between 5pm-midnight, 365 days a year.

<https://www.thecalmzone.net/help/get-help/>



HopeLine UK

HopeLineUK is a helpline staffed by trained professionals who give non judgmental support, practical advice and information to children and young people who are worried about themselves or anyone who is concerned about a young person. Call **0800 068 41 41**, email: pat@papyrus-uk.org or text: **07786 209697**,



Childline

Childline is the UK's FREE confidential helpline dedicated to children and young people that is available 24 hrs a day, 7 days a week, 365 days a year. Call **0800 1111**. Instant chat support with a counsellor also available:

www.childline.org.uk/get-support/1-2-1-counsellor-chat/