

World Suicide Prevention Day

World Suicide Prevention Day takes place on Friday, 10th September 2021 and this year the international theme is 'Creating hope through action'. The focus will be on the complicated idea of 'hope' in suicide prevention.

There will be a social media toolkit for members and anyone else interested



With 5,691 suicides registered in England and Wales in 2019 (provisional figures), this day is not just important, it is crucial. United, we can all work to reduce shame, stigma and silence and help with not just awareness but also have an impact on the rate of suicides.

The International Association for Suicide Prevention gives everyone, globally, the chance to help raise suicide awareness and prevention.

We observe World Suicide Prevention Day each year on September 10. It's a growing problem and the numbers tell a grim story. Every 40 seconds someone takes their own life according to the World Health Organization (WHO). That's about 800,000 people worldwide every year — although some estimates put that number closer to 1 million. Suicide is the leading cause of death for people aged 15 to 29 and for every suicide that results in death, there are as many as 40 attempted suicides.

'Creating Hope Through Action' is a reminder that there is an alternative to suicide and aims to inspire confidence and light in all of us; that our actions, no matter how big or small, may provide hope to those who are struggling. Preventing suicide is often possible and we are all key player in its prevention. Through action, you can make a difference to someone in their darkest moments - as a member of society, as a child, as a parent, as a friend, as a colleague or as a neighbour. We can all play a role in supporting those experiencing a suicidal crisis or those bereaved by suicide.

With the growing awareness of Mental Health and Mental Illness MHFA (England) are keen to promote the work of Mental Health First Aiders and establish their role within the working organisations, the aim being to raise awareness of Mental Illness and reduce stigma which surrounds this sensitive subject. MHFAiders are trained to Approach, Assess and Assist until professional help arrives (if appropriate). They are training to listen and give support in crisis and this often relates to those experience thoughts of suicide where they are feeling desperate and despairing.

The factors and causes that lead to suicide are complex and many. No single approach works for everyone. What we do know is that there are certain factors and life events that may make someone more vulnerable to suicide and mental health conditions such as anxiety and depression can also be a contributing factor. People who are suicidal may feel trapped or like a burden to their friends, family and those around them and feel as if they are alone and have no other options. The COVID-19 Pandemic has contributed to increased feelings of isolation and vulnerability. By creating hope through action, we can enable people experiencing suicidal thoughts that there is hope and that we care and want to support them.

All of us can play a role, no matter how small. We may never know what we do that makes a difference. We all can reach in and ask somebody. You do not need to tell them what to do or have solutions, but simply making the time and space to listen to someone about their experiences of distress or suicidal thoughts can help.

If you would like to view the Webinar on "**World Suicide Prevention Day**" this is being delivered live on **Friday 10th September at 12pm**, please use the below link to register for this session –

<https://attendee.gotowebinar.com/register/4319813377526968847>

If you are unable to join the webinar live, a recording of the session can be accessed via your organisations Lifestyle site on www.carefirst-lifestyle.co.uk and entering your organisations username and password