



## 10 September World Suicide Prevention Day

### Know someone who's been more isolated lately?

Check in on them. Reaching out can make a difference.

# 700,000+

people die by suicide each year<sup>1</sup>



# Together, we can make a difference

Suicide is a global health issue. No one wants to believe that someone they care about could take their own life. Yet, each year, hundreds of thousands of people do – and many more attempt to.<sup>1</sup> Among people aged 15–29, suicide is the fourth-leading cause of death globally.<sup>2</sup> Suicide is preventable, but persistent stigma discourages many people from seeking help. Many of those who have survived a suicide attempt or have lost someone to suicide are reluctant to share their experiences because they feel ashamed, guilty, embarrassed and alone. Let's help start the conversation to raise awareness and encourage more people to get support before it's too late.

### Know the warning signs

- Threatening to harm themselves and searching for methods
- Saying things like 'no one will miss me when I'm gone'
- Saying goodbye and giving away things they care about
- Experiencing dramatic mood swings, acting recklessly, withdrawing from others, feeling anxious and showing rage

### Know the risk factors

- Depression or a substance use disorder
- Survived a previous suicide attempt
- Becoming socially isolated
- Suffering from chronic illness or pain
- Survived abuse, trauma, war, violence or discrimination
- Going through severe distress like a breakup or loss

# Here are some ways to help



## Help in your community

Consider volunteering at a suicide prevention organisation. They might need people to answer phones, chats and messages. You can also support by spreading awareness at community events. Look for other organisations that help at-risk people as well. Youth organisations, mentoring opportunities and recovery programmes.



## Be prepared for a tough talk

If you think someone is considering suicide, let them know you are concerned and ask them directly. Gently asking 'have you thought about hurting or killing yourself?' will not give them the idea. Instead, it shows you care and are open to listening to them talk about their feelings and experiences.

As they talk, listen compassionately, without judgment and without interrupting them. Let them know you care and want to help them get professional support.



## Get professional help

While your support is valuable, encourage them to seek professional help from a doctor, mental health professional or a suicide prevention specialist. If you're worried they're in immediate danger, don't leave them alone. Seek help from a crisis line or emergency services and remove any methods that could be used to cause harm.

<sup>1,2</sup>World Health Organization (WHO), 'Suicide'. Published 28 August 2023.

988 Suicide & Crisis Lifeline. 'Help someone else'. Accessed 19 June 2024

Mind, 'Coping after a suicide attempt'. Published October 2023.

NAMI, 'Suicide Prevention'. Accessed 19 June 2024.

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Suicide Prevention Resource Center, 'Warning Signs of Suicide Fact Sheets'. Accessed 19 June 2024.

WHO, 'Do you know someone who may be considering suicide?' Accessed 16 June 2024.

WHO, 'Suicide rates'. Accessed 15 June 2024.