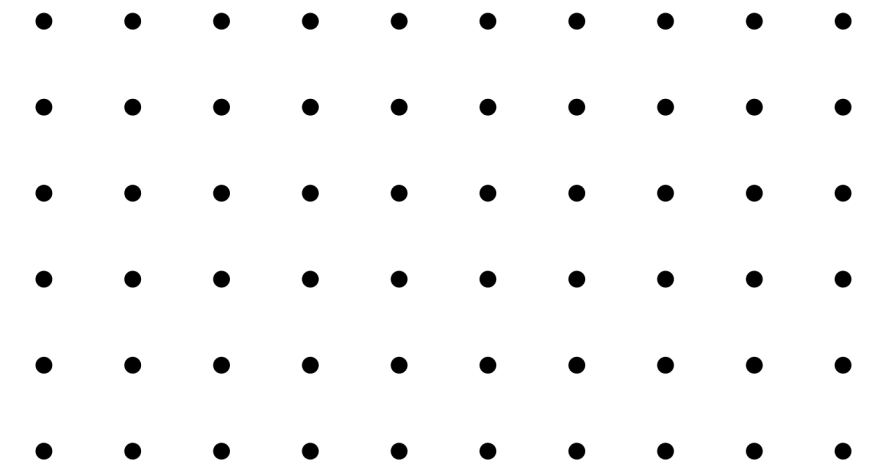




WORLD SUICIDE PREVENTION DAY



10/09/2022



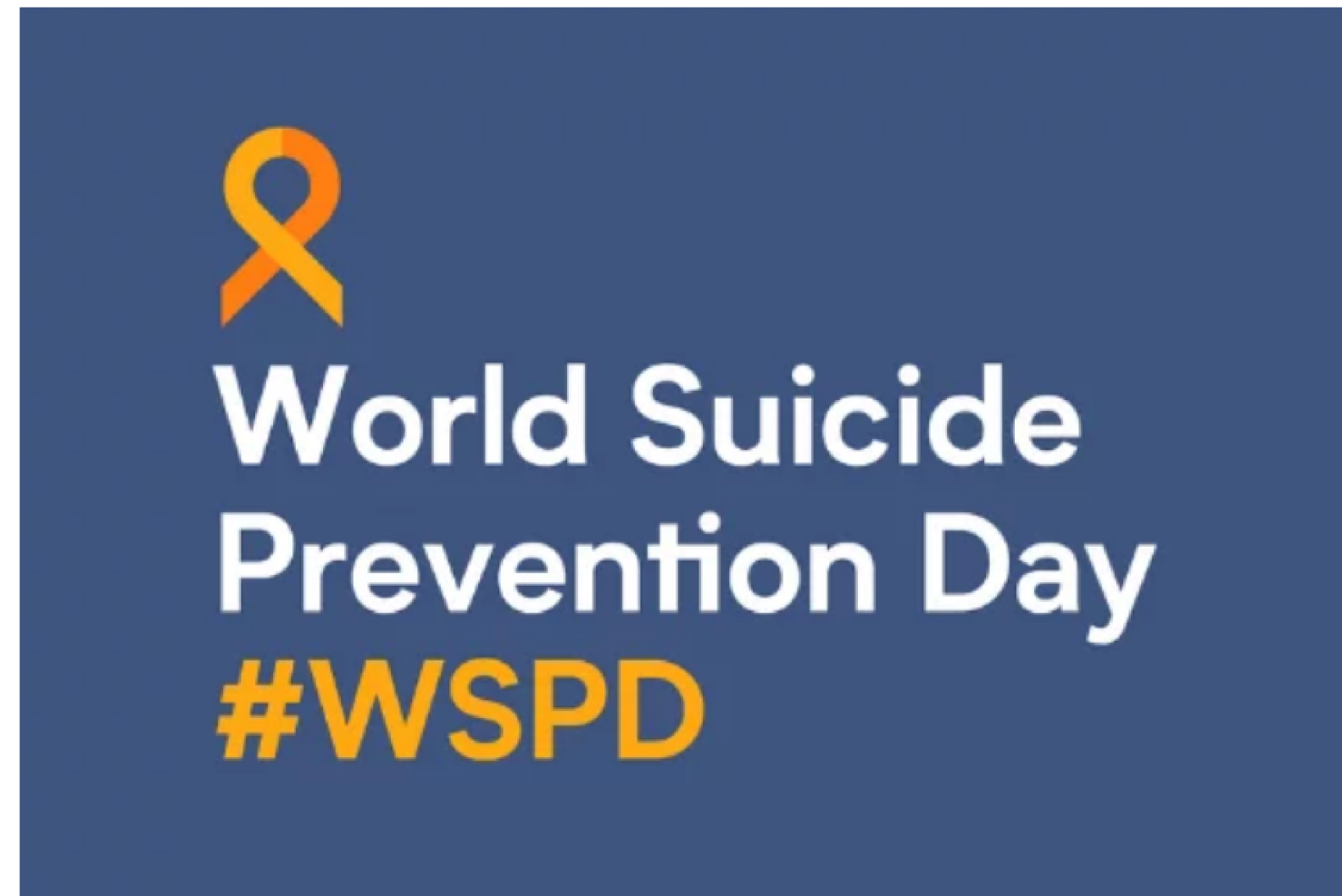
**IF YOU OR SOMEONE YOU
KNOW IS IN IMMEDIATE
DANGER OF SUICIDE,
PLEASE CALL YOUR LOCAL
MENTAL HEALTH
EMERGENCY NUMBER**

IN SUFFOLK, YOUR LOCAL NUMBER IS 111

**FIND YOUR LOCAL URGENT MENTAL SUPPORT NUMBER HERE:
[HTTPS://WWW.NHS.UK/SERVICE-SEARCH/MENTAL-HEALTH/FIND-AN-URGENT-
MENTAL-HEALTH-HELPLINE.](https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline)**

WHAT IS WORLD SUICIDE PREVENTION DAY?

THIS DAY TAKES PLACE ANNUALLY ON 10TH SEPTEMBER. IT RECENTRES FOCUS ON THE BATTLE AGAINST SUICIDE, AND AIMS TO REDUCE THE TABOO AND STIGMA AROUND SUICIDE.



IT IS A REMINDER TO THOSE SUFFERING FROM SUICIDALITY THAT THERE IS SUPPORT FOR THEM, AND SERVES AS A REMINDER TO THE WIDER PUBLIC THAT IT IS A UNIVERSAL ISSUE AND RESPONSIBILITY TO CONTINUE AND IMPROVE CONVERSTATIONS ABOUT SUICIDE AND MENTAL HEALTH.



FACTS & FIGURES



**IN 2020,
THERE WERE
4912 SUICIDES
IN ENGLAND***

***SOURCED FROM ONS**

**SUICIDE RATES
VARY BY SEX
AND
NATIONAL
REGION***

***SOURCED FROM ONS**

**SUICIDE
CONTRIBUTES
TO 1% OF
GLOBAL
DEATHS***

***SOURCED FROM IASP.INFO**

**THERE IS
ACTION WE
CAN ALL
TAKE TO
REDUCE
SUICIDE**



RISK SIGNALS OF SUICIDE

- 1 GIVING AWAY POSSESSIONS**
- 2 WITHDRAWING FROM SOCIAL ACTIVITY**
- 3 EXPRESSING WISH TO DIE**
- 4 LACK OF SELF-CARE OR
SELF-PRESERVATION**
- 5 A LOVED ONE HAS DIED BY SUICIDE**



WHAT CAN YOU DO?

"Are you okay?"
"Are you having thoughts about suicide?"

Taking time to reach out to someone could change the course of their life

www.iasp.info/wspd



IASP

IF YOU KNOW SOMEONE WHO IS SUICIDAL, YOU MIGHT WANT TO KNOW IF THERE IS ANYTHING YOU CAN DO TO HELP.

ONE OF THE MOST MEANINGFUL AND SUPPORTIVE THINGS YOU CAN DO IS TO ASK THE PERSON 'HOW ARE YOU?', "DO YOU FEEL SAFE WITH YOURSELF?" AND 'IS THERE ANYTHING I CAN DO TO SUPPORT YOU?'

LET THEM KNOW HOW MUCH YOU APPRECIATE, LOVE AND CARE FOR THEM.

ENCOURAGING THEM TO ACCESS SUPPORT, SUCH AS TALKING TO THEIR GP, MAY HELP YOUR LOVED ONE UNDERSTAND THE HELP AVAILABLE TO THEM.

PLEASE MAKE SURE TO LOOK AFTER YOURSELF AND YOUR MENTAL HEALTH. YOU CAN ALWAYS ASK FOR HELP WHEN SUPPORTING SOMEONE ELSE.

WHAT CAN THE WORKPLACE DO TO SUPPORT EMPLOYEES?



THERE ARE STEPS EMPLOYERS CAN TAKE TO SUPPORT THEIR STAFF AND ENSURE THE WORKPLACE IS A SAFE PLACE FOR PEOPLE STRUGGLING WITH POOR MENTAL HEALTH. IT IS THEIR DUTY OF CARE.

CREATING A WORKSPACE WHICH ALLOWS DISCUSSION AND FLEXIBILITY FOR MENTAL HEALTH IS PARAMOUNT. ONE WAY OF DOING THIS IS PROVIDING TRAINING TO AN ALLOCATED STAFF MEMBER WHO WILL BE THE MENTAL HEALTH LEAD, ACCESSIBLE FOR STAFF TO RAISE NEEDS AND QUERIES.

THERE SHOULD BE ZERO TOLERANCE FOR BULLYING OR HARASSMENT AT WORK.

A CONFIDENTIAL AVENUE FOR STAFF TO RAISE CONCERNS ABOUT OTHERS COULD ALLOW SUPPORT TO BE PROVIDED IN A SUITABLE MANNER.

**INTERNATIONAL ASSOCIATION FOR
SUICIDE PREVENTION**

[HTTPS://WWW.IASP.INFO](https://www.iasp.info)

[HTTPS://WWW.IASP.INFO/WSPD/EVENTS/](https://www.iasp.info/wspd/events/)

SAMARITANS

[HTTPS://WWW.SAMARITANS.ORG](https://www.samaritans.org)

MIND

[HTTPS://WWW.MIND.ORG.UK](https://www.mind.org.uk)

CAMPAIGN AGAINST LIVING MISERABLY

[HTTPS://WWW.THECALMZONE.NET](https://www.thecalmzone.net)

**REDUCING THE RISK OF SUICIDE:
A TOOLKIT FOR EMPLOYERS**

[HTTPS://WWW.BITC.ORG.UK/WP-](https://www.bitc.org.uk/wp-content/uploads/2020/02/bitc-wellbeing-toolkit-phesuicideprevention toolkit-feb2020.pdf)

**[CONTENT/UPLOADS/2020/02/BITC-WELLBEING-TOOLKIT-
PHESUICIDEPREVENTIONTOOLKIT-FEB2020.PDF](https://www.bitc.org.uk/wp-content/uploads/2020/02/bitc-wellbeing-toolkit-phesuicideprevention toolkit-feb2020.pdf)**

PAPYRUS

[HTTPS://WWW.PAPYRUS-UK.ORG](https://www.papyrus-uk.org)

LIVING GRIEF

[HTTPS://WWW.LIVINGGRIEFEASTSUFFOLK.CO.UK/SUICIDE](https://www.livinggriefeastsoffolk.co.uk/suicide)



RESOURCES