

PHC

World Suicide Prevention Day



World Suicide Prevention Day will be celebrated on the **Tuesday 10th September 2019**. Suicide prevention is a global challenge, with one suicide happening every 40 seconds. Suicide is among the top 20 causes of death for people of all ages globally. On average, 3 male suicides are reported for every 1 female suicide. Although this gender gap has decreased over the years, there are still more male suicides than female.

‘Working Together to Prevent Suicide’

- This year the theme for World Suicide Prevention Day is ‘Working Together to Prevent Suicide’.
- Everyone can make a difference in suicide prevention! Prevention needs family, friends, colleagues, members of the community, teachers, students, religious leaders, healthcare professionals and many more.
- In order to prevent suicide, all members of society need to work together. Research has shown that interventions from many of these different members, whether this is as small as a chat and cup of tea or formal behavioural therapy.

How can you participate in WSPD?

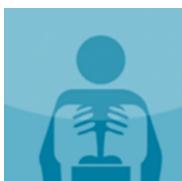


There will be a range of activities to support WSPD on the 10th September both in the UK and worldwide.

- In Wales, there will be a 10km trail run in the South Wales Valleys to support a suicide prevention charity which offers training and support to schools, workplaces and families. (www.cwmt.org.uk)
- In Liverpool there will be a conference talking about prevention methods for all ages.
- Cycle around the Globe – The challenge is to collectively cycle the globe. You can pledge the distance you will cycle at home, at the gym, on the road or even on holiday. Anyone can participate and it costs nothing! (<https://iasp.info/wspd2018/cycle-around-the-globe/>)
- Light a Candle – at 8PM on the 10th September, to show your support for prevention, survivors or to remember a loved one, place a candle near a window at 8PM.

‘It takes balls to talk’

This is a sporting themed campaign to encourage people to talk about how they feel especially men.



- Mental health affects 12.5% of Men in the UK.
- In 2016, Coventry and Warwickshire Council started the ITBTT campaign using sporting venues such as Wasps Rugby Club, Coventry City Football Club and Blaze Ice Hockey club to talk about mental health issues and wellbeing. You can keep up to date with their events on Twitter or Facebook.

Who to contact if needed?

Below is a list of numbers to contact if you or anybody around you needs them:

- Samaritans (for everyone) 116 123
- CALM (for men) 0800 58 58 58
- Papyrus (for people under 35) 0800 068 41 41
- ChildLine (for children and young people under age of 19) 0800 1111
- The Silver Line (for older people) 0800 4 70 80 90

For more information please see:

<https://www.nhs.uk/conditions/suicide/>

<https://www.iasp.info/wspd2019/>

<https://ittakesballstotalk.com/>