



World Suicide Prevention Day

Creating Hope Through Action

September 10



World Suicide Prevention Day

10 September 2022.

Creating Hope Through Action

Suicide can affect every one of us and every suicide is devastating and has a profound impact on those around them. It is hoped that by raising awareness, reducing the stigma and encouraging well-informed action, we can reduce instances of suicide around the world.

The Creating Hope Through Action campaign is a multi-agency approach to raise awareness that there is an alternative to suicide and it 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 you are a key player in its prevention. Through action, you can make a difference to someone in their darkest moments. We can all play a role in supporting those experiencing a suicidal crisis or those bereaved by suicide.

Suicidal thoughts are complex

No single approach works for everyone however asking someone if they are suicidal won't make things worse. Evidence shows it could protect them.

On this World Suicide Prevention Day, if you're worried someone might be experiencing suicidal thoughts, we encourage you to ask them directly.

If someone is feeling suicidal, it might be hard to get through to them. They might be distant or distracted or feel disconnected from the world and their own emotions. They might not respond right away. But asking someone directly if they're having suicidal thoughts can give them permission to tell you how they feel.

If someone does let you know that they are having suicidal thoughts, always take them seriously. You don't have to be an expert, just being there to listen and showing you care can help them work through what's going on. Let them know they're not a burden and there's always someone they can turn to, whether it's a family member or friend, or a 24/7 helpline like Samaritans.

It's OK to ask about suicidal thoughts. It could save a life.

Light a candle

WORLD SUICIDE PREVENTION DAY

on september 10th

light a candle near a window at 8pm

to show your support for suicide prevention

to remember a lost loved one

and for the survivors of suicide

www.iasp.info/wspd 



Light a candle to show your support.

This Saturday, 10 September 2022 is World Suicide Prevention Day which is a global initiative to demonstrate support for suicide prevention, to remember a lost love one, and for survivors of suicide. You are therefore invited to light a candle near a window between 8pm and 10pm this Saturday to demonstrate your support for this initiative. Where there is light, there is hope.

Supports

If you would like to find out more about how to recognise the signs and symptoms of suicidal thinking, you can visit our eLearning "Introduction to Suicide Prevention"

<https://mylearning.westlothian.gov.uk/>

In addition, Optima Health our OH provider has provided a 10-minute video on suicidal prevention.

<https://vimeo.com/591451606/77e32638f2>

International Association for Suicide Prevention (IASP) have also created a short video entitled "step closer" giving practical ways to prevent suicide and raise awareness of suicide.

<https://youtu.be/ndjcJAaOVdg>

For information on mental health supports then please visit the Council's Four Pillars of Wellbeing webpages on Mental Wellbeing which has a host of information on how to help support good mental health. <https://intranet.westlothian.gov.uk/article/72292/Mental-Wellbeing>

Local Groups

Neil's Hugs Foundation – run support groups across West Lothian and Clackmannanshire to give help, understanding and support to families and friends affected by suicide. Call 07446717501 or connect through website <https://www.neilshugsfoundation.com/contact>

Joshua Nolan Foundation – a charity aimed at reducing suicide by helping to fund quality counselling sessions for those that desperately need it, whilst also improving awareness of the issue and support available. <https://www.joshuanolanfoundation.org/contact-us>

NHS Inform – series of short videos from people who have had suicidal thoughts and have come out the other side. Also includes details of who to contact for urgent assistance.
<https://www.nhsinform.scot/surviving-suicidal-thoughts>