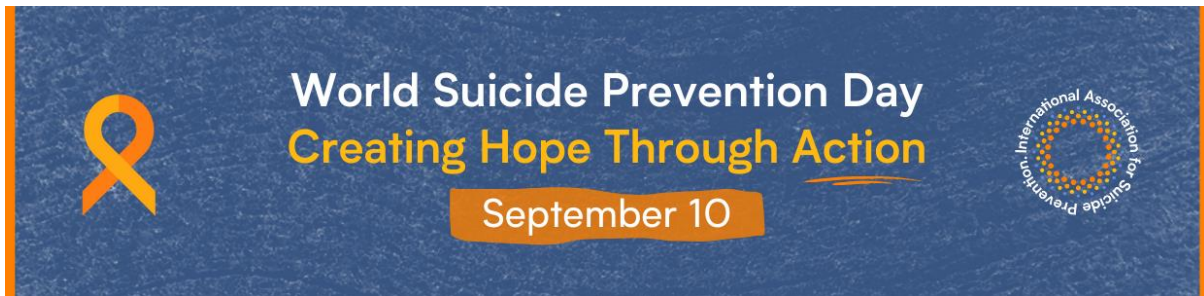


World Suicide Prevention Day - Creating Hope Through Action

10 September 2023



World Suicide Prevention Day (WSPD) was established in 2003 by International Association for Suicide Prevention (IASP) in conjunction with the World Health Organisation (WHO) and is a significant advocacy and communication-based event aimed at reaching everyone, giving a singular message that suicide can be prevented.

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 you are a 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.

Suicidal thoughts are complex. 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 thus feel like they are alone and have no other options. By creating hope through action, we can signal to people experiencing suicidal thoughts that there is hope and that we care and want to support them.

To assist in IASP efforts, the National Council for Suicide Prevention (NCSP) launched the Take 5 to Save Lives campaign. Take 5 encourages everyone to complete several action steps under 5 important themes:

- LEARN – the warning signs, risk factors and protective factors of suicide
- KNOW – how to help yourself and others who may be struggling
- DO – raise awareness, volunteer and practice self-care
- TALK – about suicide, dispel myths and reduce stigma
- SHARE – take 5 to save lives with others

Global Suicide Facts

- An Estimated 703,000 people die by suicide worldwide each year
- Over one in every 100 deaths (1.3%) in 2019 were the result of suicide
- The global suicide rate is over twice as high among men than women
- Over half (58%) of all death by suicide occur before the age of 50 years old
- Suicide occurs across all regions in the world, however, over three quarters (77%) of global suicides in 2019 occurred in low- and middle-income countries
- An individual suffering from depression is twenty times more likely to die by suicide than someone without the disorder
- Suicide remains illegal in over 20 countries, while people who engage in suicidal behaviour may be punished in some countries that follow Sharia Law, involving legal penalties that range from a small fine or short prison sentence to life imprisonment

Get Involved

Cycle the Globe



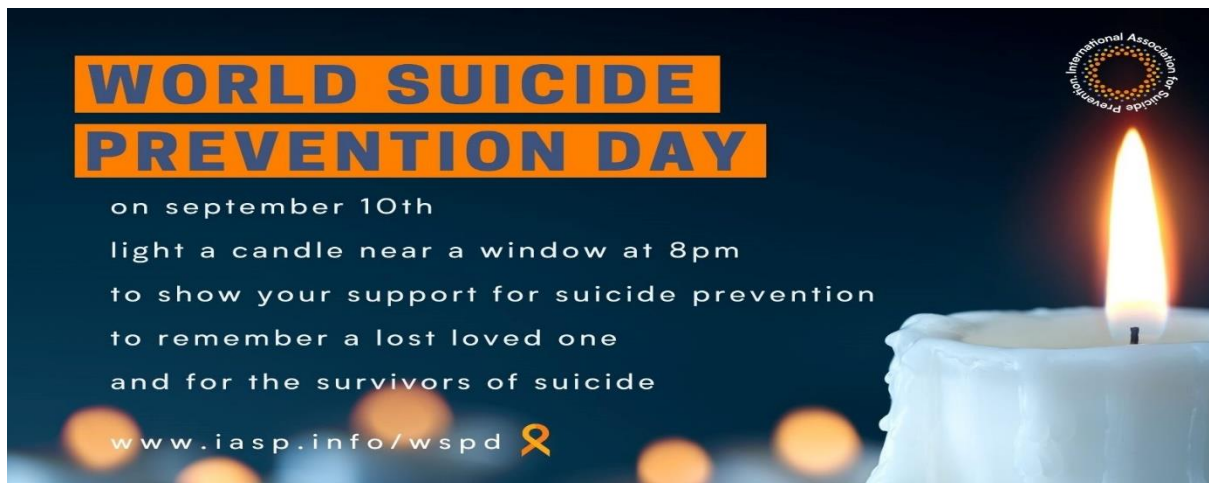
Cycle Around the Globe aims to raise awareness for suicide prevention efforts around the world over the period surrounding World Suicide Prevention Day and works to support the IASP for Suicide Prevention's work promoting evidence-based action in order to reduce the incidence of suicide and suicidal behaviour. IASP want our global community to engage with each other and join together to spread awareness of suicide prevention.

From 10 September – 10 October 2023, we are asking you to cycle any distance on any road, track or gym and help us work together to prevent suicide. We want anyone from around the world to be able to take part, so the event is completely free to participate and fundraising is optional.

Registration is now open for teams and individuals.

<https://register.enthuse.com/ps/event/CycleAroundtheGlobe2023>

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.

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

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>