



## World Suicide Prevention Day, 10th September

The theme of World Suicide Prevention Day (WSPD) is

“Changing the Narrative on Suicide”.

This year’s theme calls on people, communities, organisations and government to foster open, honest conversations about suicide.

By initiating these vital conversations, we can break down barriers, raise awareness, and create better cultures of understanding and support.

### “Changing the Narrative on Suicide” 5 key messages:

1. **Reach Out and Check In** – Take time to connect with people around you. A simple check-in can bring hope and make a real difference.
2. **Your Words Matter** – Speak with kindness and empathy when talking about suicide. Everyone affected – whether they’ve lost someone or struggled themselves – deserves dignity and respect.
3. **Be Safe Online** – Share information about suicide or self-harm responsibly and supportively. Help create a safer, more sensitive online space for everyone.
4. **Let’s Talk About Suicide** – Build your suicide prevention skills. Learn how to spot signs and support someone – you could help save a life.
5. **Know Where to Get Help** – Familiarise yourself with local and national supports and services. Knowing where to turn can make a meaningful difference.

**HSE Dublin and Midlands** invite you to “Changing the Narrative on Suicide” by putting some time aside in September to complete Let’s Talk About Suicide (LTAS):

- LTAS is a free online suicide prevention training programme from the HSE National Office for Suicide Prevention (NOSP).
- LTAS helps people to develop their skills to keep others safe from suicide. It helps participants to identify people who are at risk, confidently ask about the topic of suicide and connect them with resources that can help them stay safe.
- On average, the programme will take 60 minutes to complete, but participants can work at their own pace.



To enrol, visit  
<https://traininghub.nosp.ie/>

**FSS Bhaile Átha Cliath  
agus Lár na Tíre  
HSE Dublin and Midlands**



**HSE Dublin and Midlands** also invites you to join the Reducing Suicide Together Awareness Webinar, on World Suicide Prevention Day.

The Dublin and Midlands Resource Officers for Suicide Prevention (ROSPs) will facilitate the webinar with the aim of providing information and signposting on the following:

- NOSP/HSE Guidance Documents (available to download on registration for workshop):
- Responding to a Person in Suicidal Distress (NOSP)
- Suicide Prevention in the Workplace (NOSP)
- Suicide Prevention in the Community (NOSP)
- Local and national support services and resources.
- Emphasising the importance of self-care.
- The new Suicide Reduction Strategy - a short update on the progress to date.

**Date:** 10th September.

**Time:** 15:00 – 16:00.

**Location:** MS Teams – link will be forwarded prior to event.

Register in advance for the webinar [here](#).