

World Suicide Prevention Day 2020 – Suggested copy for social posts

1. For information on World Suicide Prevention Day (10th September) from the **@IASPInfo**, visit www.iasp.info/wspd2020.

#WSPD2020 #suicide #mentalhealth

2. **#WSPD2020** from **@IASPInfo** is a time to reflect on the relationship between stigma and **#suicide** and how, together, we can change this and make a real difference.

#ConnectingforLife

3. **#Suicide** and **#mentalhealth** difficulties are still both burdened by negative attitudes and these can only be truly tackled by a change in individual and societal perception of these issues. **@SeeChangeIRL**

#WSPD2020 #ConnectingforLife #GreenRibbonIRL

4. Stigma, in all its forms and experiences, can have a negative impact on people who are vulnerable, or at risk of **#suicide**. For example, they could feel increasingly isolated and as a result, less likely to reach out for support or open up about their problems.

#WSPD2020 @IASPInfo

5. Two types of stigma occur when people are negatively labelled, distinguished or discredited from society - public stigma and self-stigma. People experiencing either can find themselves feeling morally judged or devalued.

#WSPD2020 #suicide #stigma

6. People bereaved by **#suicide** often feel stigmatised following the death of a loved one, bringing them additional pain and anxiety during a difficult time. However, simply asking the bereaved person how they are doing or expressing sympathy is always important.

#WSPD2020

7. You can help change the narrative when it comes to **#suicide** and stigma by challenging common myths or attitudes towards suicide and learning to use informed, appropriate, sensitive and non-judgemental language.

#WSPD2020 #ConnectingforLife

8. When it comes to **#suicide**, you don't have to be an expert or have all the answers if someone reaches out to you for help and support. Listening with compassion, empathy and a lack of judgement can help restore hope.

#WSPD2020 #ConnectingforLife

9. On **#WSPD2020**, play your part by challenging negative behaviours that result from stigma, such as discrimination or stereotyping. Talk to a trusted support organisation such as **@SeeChangeIRL** for advice on how you can respond to what you hear and see.

#GreenRibbonIRL

10. The experience of the millions of people affected each year by suicidal behaviour and bereaved by suicide, is invaluable for informing **#suicide** prevention measures and influencing the provision of supports.

#WSPD2020 #ConnectingforLife

11. To reach a common goal in preventing suicidal behaviour we as the public, as organisations, as legislators and as members of society must work together, using a multidisciplinary approach.

#WSPD2020 #ConnectingforLife #suicide

12. Remember that trusted support and information is always available. Visit www.yourmentalhealth.ie for information on **#mentalhealth** and services. **@hse_ymh**

#WSPD2020 #suicide

13. This World Suicide Prevention Day (10th Sept) **@IASPInfo** are asking us all to take a minute - to reach out to someone in your community, a family member, friend, colleague or even a stranger – it could change the course of another’s life.

#WSPD2020 #suicide #takeaminute

14. This World Suicide Prevention Day (10th Sept) **@IASPInfo** are asking us all to take a minute - to find out what help is available for both you and others.

#WSPD2020 #suicide #takeaminute

15. This World Suicide Prevention Day (10th September) we’re remembering friends, colleagues and loved ones - lives lost to **#suicide**

#WSPD2020 @IASPInfo

16. **.@IASPInfo**: “People might be reluctant to intervene, for many reasons, including a fear of not knowing what to say. It is important to remember, there is no specific formula. Empathy, compassion, genuine concern, knowledge of resources and a desire to help are key to preventing” **#suicide**

#WSPD2020

Main handles and tags

- @HSELive
- @NOSPIreland
- @IASPInfo
- @hse_ymh
- #WSPD2020
- #Suicide
- #MentalHealth
- #Stigma
- #ConnectingForLife

Suggested URLs

www.yourmentalhealth.ie

- Supporting someone who might be suicidal - <https://www2.hse.ie/wellbeing/mental-health/supporting-someone-who-might-be-suicidal.html>
- Tips on being a good listener - <https://www2.hse.ie/wellbeing/mental-health/information-and-advice-for-families-and-friends/tips-on-being-a-good-listener.html>
- Talk about how you feel - <https://www2.hse.ie/wellbeing/mental-health/talk-about-how-you-feel.html>
- Worried about someone else - <https://www2.hse.ie/wellbeing/mental-health/information-and-advice-for-families-and-friends/worried-about-someone-elses-mental-health.html>
- What to say to someone going through a tough time - <https://www2.hse.ie/wellbeing/mental-health/information-and-advice-for-families-and-friends/what-to-say-to-someone-who-is-going-through-a-tough-time.html>

<https://www.samaritans.org/ireland/samaritans-ireland/>

- If you're having a difficult time - <https://www.samaritans.org/ireland/how-we-can-help/if-youre-having-difficult-time/>

<https://text50808.ie/>

<https://seechange.ie/>

<https://www.pieta.ie/>

<https://suicideorsurvive.ie/>

<https://www.iasp.info/wspd2020/>