



World **Suicide** **Prevention** *Day*

10TH SEPTEMBER

WSPD is a global public health day offering significant potential to raise awareness and understanding about suicide prevention and mobilise support for action, from the local community to the international stage.

WSPD was first introduced by the International Association of Suicide Prevention (IASP). The theme for 2021 is **“Creating Hope Through Action”**. In Ireland, this is a theme that underpins our collective efforts to prevent suicide and is reflected in our national strategy to reduce suicide, **Connecting for Life**.

#WSPD2021 10th September

www.iasp.info/wspd2021

www.connectingforlifeireland.ie



World Suicide Prevention Day is a time when we can demonstrate to others in our lives and communities, that there is hope. Even though suicide is a very complex issue, we should always signal to people who are vulnerable or experiencing suicidal thoughts, that we care and want to support them. This helps to create a more compassionate society where those who need to, feel more comfortable in coming forward to seek help.



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Creating Action Through Hope



REACH IN

Reach in to someone you know might be struggling or to someone who you know has struggled before. Find some space and time to sit and be present with them.

Use some open questions and tell them you care. If they share things with you, listen - stay calm, patient and kind. You don't need to have all the answers. It can be really valuable for a person just to know that they are heard, and they are not alone at a difficult time.

TIPS ON BEING A GOOD LISTENER



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REACH OUT

If you are feeling particularly low or hopeless, always remember that sharing things with someone else will help. Reaching out to talk with someone - someone close or even a support organisation - might feel frightening. But you don't need to know the right words. When you take that first step and start to share what's going on for you, everything will become clearer and feel more hopeful.

TALK ABOUT HOW YOU FEEL



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RECONNECT

Especially during the pandemic, people may have lost meaningful connections in their lives, for example, to groups, hobbies or activities that always had a positive effect on their mental wellbeing. You can help find new ways to re-establish meaningful connections for people, wherever they have been lost or damaged.

A good sense of belonging is important for people's mental health - it can help boost self-esteem, and decrease loneliness and isolation.

LOOKING AFTER YOUR MENTAL HEALTH



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LEARN *more*

If someone tells you they have been thinking about suicide, stay calm and don't be afraid. There are lots of helpful things you can do in situations like this and there are training programmes that can help prepare you for them.

For example, if you complete suicide prevention training from the HSE, such as the 90 minute 'LivingWorks Start' online programme, you will learn to recognise and identify people who might be at risk of suicide, confidently ask them about suicide, and connect them with resources that can help.

TYPES OF TRAINING



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show your SUPPORT

Connect with a support or community organisation - volunteer, help spread their messages, and become involved in activities that help promote positive mental health and wellbeing, or suicide prevention in your community.

For example, an organisation that promotes the insights and stories of people with a lived experience of suicide, can help us develop a greater understanding of suicide. It can encourage people to reach in to support someone, and individuals to reach out for help themselves. And remember that people can and do get through times of crisis, and that a positive message of recovery, can be protective and hopeful for others in itself.



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KNOW WHERE TO TURN

Get to know what mental health services and supports are available, and tell more people about them. Many are open 24/7 and are accessible in lots of different ways, for example on the phone (Samaritans, freephone 116 123), by text message (Text50808, text HELLO to 50808), online (MyMind, visit www.mymind.org) or face to face (Pieta, visit www.pieta.ie).

You can also call the HSE YourMentalHealth Information Line, anytime day or night, for information on what other services and supports are available near you – freephone 1800 111 888 or visit www.yourmentalhealth.ie.

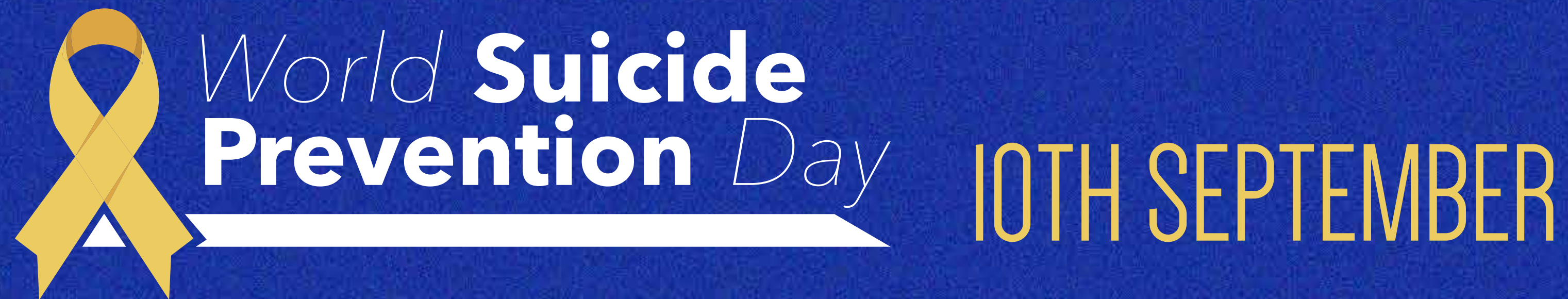


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Connecting for Life is Ireland's National Strategy to Reduce Suicide
www.connectingforlifeireland.ie #connectingforlife

**From the HSE National Office for Suicide Prevention (NOSP) and
HSE Resource Officers for Suicide Prevention**
www.nosp.ie @NOSPireland

