



Friday 10th September

Suggested information for social media

The theme of World Suicide Prevention Day on 10th September 2021 is “[Creating Hope through action](#)”. It 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.

Suggested hash tags:

- #WSPD2021
- #WorldSuicidePreventionDay
- #ConnectingForLife

Suggested handles:

- @NOSPIreland (HSE National Office for Suicide Prevention)
- @hse_ymh (HSE Your Mental Health)
- @IASPInfo (International Association of Suicide Prevention)

Suggested URLs:

- [Supporting someone who might be suicidal, HSE yourmentalhealth.ie](#)
- [Tips on being a good listener, HSE yourmentalhealth.ie](#)
- [Talk about how you feel, HSE yourmentalhealth.ie](#)
- [Worried about someone else, HSE yourmentalhealth.ie](#)
- [What to say to someone going through a tough time, HSE yourmentalhealth.ie](#)
- [‘LivingWorks Start’ Online Suicide Prevention Programme \(HSE NOSP\)](#)
- [Connecting for Life, Ireland’s National Strategy to Reduce Suicide](#)
- [The International Association for Suicide Prevention, WSPD2021](#)

Messages about actions that can help to create hope

1. 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.

It could be a phone call, a cup of tea, or even a text. If someone you know is feeling really low, the first thing to do is reach *in* to their world. When you take the time to do this you're showing them that someone cares. Even if it doesn't feel like much to you, it could mean a lot to them. We can all create hope through our actions. Patience and kindness at moments like this can make a huge difference to a person at a difficult time. It shows them that whatever they're going through, they are not alone.

2. 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.

3. 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.

If a person is feeling very low or vulnerable, they might distance themselves from the world around them. They might lose their connection with the things in life that they usually find positive and meaningful. But a good sense of belonging is really important for protecting people's mental health, so try to help the person find new ways to restore some meaningful connections. This will instil hope, even just a glimmer of hope.

4. 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.

5. 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.

6. 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.

About World Suicide Prevention Day

World Suicide Prevention Day (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, and continues to be led internationally, by the [International Association of Suicide Prevention](http://www.iasp.info) (IASP). The IASP 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](http://www.connectingforlife.ie).