



World Suicide Prevention Day

Creating Hope Through Action

September 10



Every year, organisations and communities around the world come together to raise awareness of how we can create a world where fewer people die by suicide.

#WorldSuicidePreventionDay

How you can help

If you think an adult or child is in immediate danger, call 999.



The NHS provides 24/7 mental health crisis support by phone for children and adults on 0800 023 4650. If you are worried about a person's mental health please support them to use this number to get help from local services.

In a non-urgent situation contact the person's GP or mental health care provider and raise your concerns about risks of suicide and self harm.

If you are concerned about a safeguarding risk please make a referral to children's or adult's social care.

For children:
[Stronger Families Hub](#)
01895 556006

For adults:
[Social Care Direct](#)
01895 556633

Click on the icons below for more resources:



**Zero
Suicide
Alliance** | Because
ONE life lost
is **ONE** too many





WORLD SUICIDE PREVENTION DAY

GLOBAL SUICIDE STATISTICS



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 deaths 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 with depression is **twenty times** more likely to die by suicide than someone without the disorder.**

20x



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.***



See - How to spot suicide warning signs

Say - How to have a conversation with someone you're worried about

Signpost - Where to direct someone for further support

Got Five Minutes?

Click on the image below and you will learn how to approach and help someone who you think may be considering taking their own life.



Got Twenty Minutes?

Click on the image below and learn how to spot suicide warning signs; how to have a conversation with someone you're worried about; and where to signpost to further support.



Learning from Practice

The National Child Mortality Database produced a report identifying the common characteristics of children and young people who die by suicide. They investigated factors associated with these deaths, and made recommendations for service providers and policymakers.

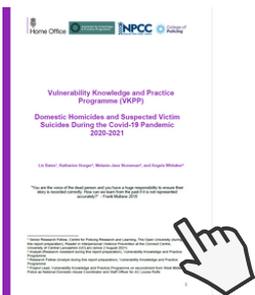


- Over a third of the children reviewed had not previously accessed mental health services, indicating that mental health needs or risks were not well understood.
- 62% of the children or young people had suffered a significant personal loss in their life prior to their death, this includes “living losses” such as loss of friendships and routine due to moving home or school or other close relationship breakdown.
- 16% of children or young people reviewed had a confirmed diagnosis of a neurodevelopmental condition at the time of their death. For example, autism spectrum disorder or attention deficit hyperactivity disorder. This appears higher than found in the general population.
- Almost a quarter of children and young people reviewed had experienced bullying either face to face or cyber bullying. The majority of reported bullying occurred in school, highlighting the need for clear anti-bullying policies in schools.

Domestic Abuse and Suicide Risk for Victims

There is evidence of a correlation between experience of domestic abuse and suicide. The persistent, high-risk, high-harm nature of the domestic abuse suffered has a significant impact on victims' mental health.

If someone dies by suspected suicide, and there is a known history of domestic abuse, they could be subject to a [Domestic Homicide Review](#).



The NSPCC published a review of serious safeguarding incidents in respect of suicide. This found that the warning signs of adolescent suicide were often overlooked as 'typical adolescent behaviour'. This meant that young people did not always receive the help that they needed.



When an adult in Hillingdon dies by suspected suicide a multiagency group meets to identify any areas of learning and to identify practice themes that could reduce the risk of suicide for other people. The number of adults affected is small, but we have found some commonalities in the circumstances of adults.

- Think about physical **and** mental health, especially when someone is in pain
- Share any worries or concerns with other professionals
- Always use an interpreter where required

Sources of Support

Bereavement by Suicide

For children, families, adults and professionals bereavement by suicide can feel very different to other forms of loss. It is likely that there will be increased feelings of shock, and, whilst different for everyone, the grieving process can be more complex.

There are specialist supports available for those personally affected by the death of a loved one. Support is also available to professionals who may be impacted by the suicide of someone they are working with.

Mind has been commissioned by NWL NHS to provide our Suicide Bereavement Support Service. This can be accessed through a professional or self-referral.

**SUICIDE
BEREAVEMENT
SUPPORT
SERVICE**

Brent, Wandsworth
and Westminster 

Contact us:
020 7259 8100
sbls@bwwmind.org.uk



Call 116 123 for free

[Other ways you can get in touch >](#)



"If someone is feeling suicidal, they might be distant or distracted or feel disconnected from the world and their own emotions. They might not respond right away. But asking someone directly if they're having suicidal thoughts can give them permission to tell you how they feel."

If someone does let you know that they are having suicidal thoughts, always take them seriously. You don't have to be an expert, just being there to listen and showing you care can help them work through what's going on. Let them know they're not a burden and there's always someone they can turn to – whether it's a family member or friend, or a 24/7 helpline like Samaritans.

SAMARITANS