

10 SEPTEMBER

is World Suicide Prevention Day

An estimated 703,000 people a year take their life around the world. For every suicide, there are likely 20 other people making a suicide attempt and many more have serious thoughts of suicide. Millions of people suffer intense grief or are otherwise profoundly impacted by suicidal behaviours.

Each suicidal death is a public health concern with a profound impact on those around them. By raising awareness, reducing the stigma around suicide, and encouraging well-informed action, we can reduce instances of suicide around the world. The theme "Creating hope through action" is a reminder that there is an alternative to suicide and aims to inspire confidence and light in all of us.

By creating hope through action, we can signal to people experiencing suicidal thoughts that there is hope and that we care and want to support them. It also suggests that our actions, no matter how big or small, may provide hope to those who are struggling. Building on this theme and spreading this message, a world can be envisioned where suicides are not so prevalent.

We can all play a role in supporting those experiencing a suicidal crisis or those bereaved by suicide whether as a member of society, as a child, as a parent, as a friend, as a colleague or as a person with lived experience. We can all encourage understanding about the issue, reach in to people who are struggling, and share our experiences. We can all create hope through action and be the light.

Source: <https://www.who.int/campaigns/world-suicide-prevention-day/2022>

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