

MindForward
Alliance

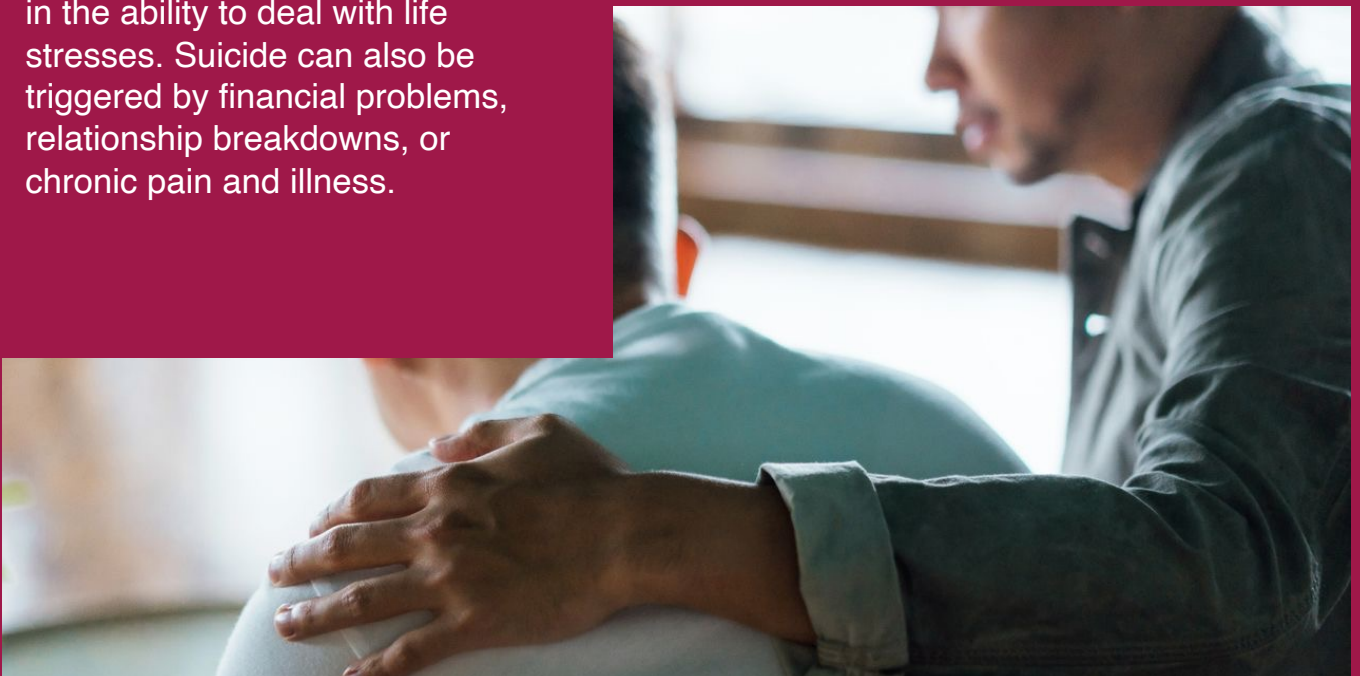
World Suicide Prevention Day

World Suicide Prevention Day (WSPD) is an initiative from the International Association for Suicide Prevention (IASP) taking place on the 10th September annually.

Every suicide is a tragedy that affects families and communities and has a devastating, life-long impact on the people left behind.

While the link between suicide and mental health (in particular, depression and alcohol misuse) is well-established in high-income countries, many suicides happen impulsively in moments of crisis, for example during a breakdown in the ability to deal with life stresses. Suicide can also be triggered by financial problems, relationship breakdowns, or chronic pain and illness.

Additionally, experiences of conflict, disaster, violence, abuse, isolation, or loss are strongly associated with suicidal behaviour. Suicide rates are also higher amongst vulnerable groups who experience discrimination, such as refugees and migrants; indigenous peoples; and LGBTQI+ persons.



What can businesses do?

Suicides are preventable. There are a number of measures that can be taken at population, sub-population and individual levels to prevent suicide and suicide attempts.

Workplaces are communities in which people spend a significant amount of time. By **raising awareness, challenging stigma and equipping people with the skills to spot warning signs and take action**, we can all play our part in suicide prevention.

Awareness days such as World Suicide Prevention Day can be good opportunities for workplaces to challenge stigma, foster a culture of openness and remove barriers for help-seeking behaviour. They can also be a great anchor point to build a mental health at work strategy around. Businesses can use WSPD to encourage open conversations about suicide and provide information on the support available in times of need.

Suicide statistics & facts



- Suicide is more than **1 in every 100** deaths
- Every year **800,000** people die by suicide around the world
- For every person who dies, **20 more** have attempted suicide
- Suicide is the global leading cause of death among **15-29 year olds**
- Suicide remains a criminal offence in **at least 20 countries** around the world
- **77%** of suicides occur in low and middle-income countries

Business inspiration

How businesses are marking World Suicide Prevention Day in 2023

Allen & Overy

Allen & Overy has pulled together a list of resources for WSPD. These resources were circulated to their mental health advocates, allies and HR teams globally. The list of resources included:

- Helplines with contact details for CALM, Shout and the Samaritans (see resources section).
- A podcast from the International Association for Suicide Prevention to encourage understanding around the complexities of suicide.
- Content and blogs from Campaign Against Living Miserably (CALM) and This Can Happen Global. These stories are shared to breakdown stigma.
- Training from mental health provider Unmind. The foundation training series focuses on understanding suicide and empowering people to help and support for people who are feeling suicidal.
- Training from the Zero Suicide Alliance. This training is free and aims to equip people with the skills and confidence to help someone who may be considering suicide.
- Invitation to a webinar with guest speaker. Steve Phillip, former consultant and speaker and founder of The Jordan Legacy CIC.



Decriminalisation of suicide

In most countries suicide is not considered a criminal offence. In recent years, legislation criminalising suicide has been successfully repealed or superseded by legislation in a number of countries. However, suicide still remains illegal in at least 20 countries around the world and attempted suicide is punishable under Sharia law in a further 20 countries.

According to the World Mental Health Organisation Global Report (WHO, 2014) there is no empirical evidence that decriminalising suicidal behaviours leads to an increase in suicide rates.

Criminalisation of suicide increases stigma of mental ill-health and can deter people from seeking support. It can also prevent workplaces from being able to provide support to employees who may be in need.

Download the report

Decriminalising suicide: saving lives,
reducing stigma, United for Global
Mental Health



Worldwide suicide prevention resources

- **The Samaritans**. A UK based charity who is willing to support people (in English) from anywhere in the world. Email: jo@samaritans.org. Access the Samaritans WSPD guidance including social media assets, and tips
- The **International Alliance for Suicide Prevention**'s resources for WSPD
- **Befrienders.org** - A world-wide network of volunteers and non-profits to provide emotional support
- **Wikimedia** provides a wider list of global mental health resources broken down by countries



From across our alliances

The following lists have been created across our in-country alliances

Hong Kong

- [Suicide Prevention Services](#): committed to providing support and suicide prevention services.
- [Centre for Suicide Research and Prevention](#): leading research into the causes and prevention of self-harm and suicide.
- [Samaritans Hong Kong](#): 24/7 Hotline: 2896 0000; email support: jo@samaritans.org.hk

Singapore

- [Samaritans of Singapore](#) (SOS): provides confidential emotional support to individuals facing a crisis, thinking about or affected by suicide. Email: patosos.org.sg, 24-hour hotline: 1-767

India

- [AASRA](#) – 91-9820466726, 24/7 (English and Hindi). Also provides a collection of helplines across India.

Australia

- [Black Dog Institute](#) resources and support on suicide and self-harm
- [Beyond Blue](#) is a trusted source of information and support on suicide prevention, for people at risk of suicide or who have attempted to take their life.
- [Lifeline Australia](#) a national charity providing Australians with 24-hour crisis support & suicide prevention services: Ph 13-11-14
- [Australian Suicide Prevention Foundation](#): Trusted body providing suicide prevention to isolated areas and people across Australia
- [Everymind](#): A leading institute dedicated to the prevention of mental ill-health and suicide
- [Life in mind](#): National resource and knowledge exchange portal advancing suicide prevention in Australia
- [Suicide call back service](#): Australia's 24/7 nationwide service online and via telephone for suicide prevention and support.
- [Aboriginal and Torres Strait Islander Suicide Prevention](#): Centre for best practice for suicide prevention
- [Orygen Australia](#): Youth-specific suicide prevention resources and support

From across our alliances

New Zealand

- [Mental Health Foundation New Zealand](#): Charity organisation with resources, information and support
- [Life Matters](#): Focus on suicide prevention and support In Aotearoa Health Navigator: A suicide prevention support and information resource
- [Life Line NZ](#): A 24-hour lifeline providing confidential support from trained health professionals
- [Taranaki Suicide Prevention Programme](#): A resource on how to have conversations about suicide
- [WellSouth Primary Health Network](#): 0800 477 115

USA

- [988 Suicide Crisis and Lifeline](#): 24/7 free and confidential support for people in distress.

Portugal

- Voz de Apoio: [\(+351\) 225 50 60 70](#)
- [SOS Voz Amiga - pt](#): provide several emotional support and suicide prevention hotlines.

UK

- [Samaritans](#): 116 123 Available 24/7
- [Papyrus](#) – Prevention of Young Suicide for people under 35: 0800 068 41 41 Monday to Friday 10am to 10pm, weekends 2pm to 10pm, bank holidays 2pm to 5pm
- [Papyrus infographic](#) on how to speak to someone on about suicide if you are concerned about them
- [CALM](#): 0800585858 5pm-midnight, 365 days a year
- [Shout](#): 85258 – a free and confidential 24/7 text messaging service
- [Rethink Mental Illness](#): guidance on coping with loss as a result of suicide
- [The Last Photo](#): suicidal doesn't always look suicidal – a powerful photo campaign from CALM
- [Men Tell Health Podcast Episode 7](#) - James Jackson's story, including important reflections on interventions both by a friend and the Samaritans which helped during times when he felt suicidal

About MindForward Alliance

MindForward Alliance is a global membership organisation which works with businesses to drive improvements in the way they support the mental health and wellbeing of their employees. We convene business leaders and HR practitioners at the intersection of business, mental health and wellbeing to collaborate and share knowledge. We believe that when organisations pool their resources, share openly and work collaboratively towards a common goal, better, more sustainable mental health outcomes will be achieved for more people, sooner.

We are made up of MindForward Alliance and seven country chapters. MindForward Alliance is our global chapter. Our network of country chapters provide in country support tailored to the local business context. Our local country chapters include City Mental Health Alliance (CMHA) UK, CMHA Hong Kong, CMHA Singapore, CMHA India, Corporate Mental Health Alliance Australia and New Zealand and MindAlliance Portugal. Together we are working to transform workplace mental health.

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