

World Suicide Day

INFORMATION

World Suicide Prevention Day is always on 10th September.

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.

Why is World Suicide Day Important?

The latest suicides statistics showed that in 2018, in the UK and Republic of Ireland, more than 6,800 people died by suicide. Every life lost to suicide is a tragedy.

And we know that suicide is preventable, it's not inevitable. But not being okay is still widely stigmatised. And governments can still make better, more ambitious plans to prevent suicide.

LINKS

<https://www.worldsuicidepreventionday.org/>

[World Suicide Prevention Day - Mental Health UK \(mentalhealth-uk.org\)](https://www.mentalhealth-uk.org/)

[World Suicide Prevention Day \(rethink.org\)](https://www.rethink.org/)

Theme for 2022

This year's theme, which will be the theme until 2023, is 'Creating Hope Through Action',

Which aims to empower people with the confidence to engage with the complexity of 'hope'.

In the UK, men are three times as likely to die by suicide than women. In the Republic of Ireland, the rate is four times higher among men than women. While there has been a reduction in the number of people completing suicide over the last ten years, the numbers are still worryingly high. World Suicide Prevention Day aims to start the conversation about suicide and to show that recovery is possible