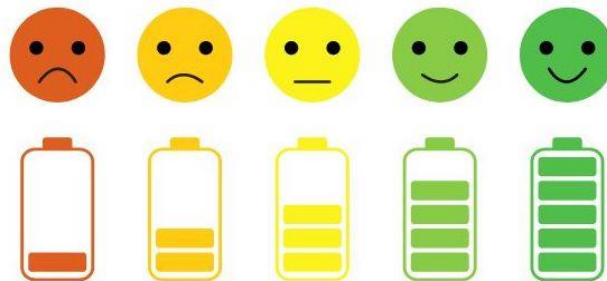




SIX MHA

September 10th

World Suicide Prevention Day



24/7 Helpline
084321 6 90 90 | helpline@sixmha.org



Importance of World Suicide Prevention Day

- On September 10th, people around the globe observe World Suicide Prevention Day.
- This day is dedicated to raising awareness about suicide, which tragically claims over 700,000 lives each year.
- By working together, we can create a world where fewer people see suicide as their only option.

**BE STRONG
TOGETHER**



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Theme for 2024: "Creating Hope Through Action"

- The theme for this year's World Suicide Prevention Day is "Creating Hope Through Action." This theme emphasizes that through our actions, no matter how big or small, we can provide hope to those who are struggling. It encourages all of us to engage with this critical issue, to offer support, and to demonstrate that there is always an alternative to suicide.



Key Facts and Statistics

- **Global Impact:** Suicide is the fourth leading cause of death among people aged between 15-29.
- **Risk Factors:** Key risk factors include mental health disorders, substance abuse, a history of trauma or abuse, and a lack of access to mental health care.
- **Prevention:** Effective suicide prevention is possible with timely intervention, support, and the promotion of mental well-being.



ARE
YOU
OK?



How You Can Get Involved

- 1. Educate Yourself and Others: Understanding the signs of someone in distress can be the first step in preventing suicide.
- 2. Reach Out: If you suspect someone you know may be contemplating suicide, don't be afraid to reach out.
- 3. Support Mental Health Initiatives: Participate in or donate to organizations that support mental health and suicide prevention.
- 4. Attend or Host an Event: Many communities host events on World Suicide Prevention Day.



Resources for Support

- If you or someone you know is struggling, it's important to seek help. Here are some resources available:
- SIX MHA provides a 24/7 Mental Health helpline supervised by Registered Mental Health Professionals.
- International Association for Suicide Prevention (IASP): Visit their website for resources and local helplines worldwide.
- SIX MHA's app is full of useful tools, information and contact details so it's easy to find the support you need.



SIX MHA Board Member app code - SIX-896-916

<https://www.iasp.info/>

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A Message of Hope

- World Suicide Prevention Day is more than just a day of awareness—it's a day to take action, to offer support, and to spread hope. By coming together, we can make a difference in the lives of those who are struggling and work towards a world where suicide is no longer seen as your only option.

