

World Suicide Prevention Day – 10th September 2021

#AskNowSaveLives

Every 90 minutes, someone in the UK takes their own life. Together, we can help prevent suicide

One in five people think about killing themselves in their lifetime – one in fifteen attempts doing so. Each suicide is a complex and personal tragedy which devastates those left behind. But there is hope. You can help save lives by talking openly and honestly about suicide. Together, we can help prevent suicide – we just have to ask.

Are you worried about someone? Ask: “I care about you – are you thinking about suicide?”

Need support? Ask: “I’m really struggling at the moment – can you help me?”

When you ask someone about suicide, you show that you care. You give them an opportunity to talk openly and start turning towards safety. You can connect them with a network of support, such as friends, family and professional caregivers. When you ask for help, you give yourself a turning point. You allow yourself to get out from underneath overwhelming thoughts and feelings and become safe for now. Asking for support can help you feel that people do care and there is hope.

We know that talking openly about suicide prevents deaths by suicide. That’s why we just need to ask.

People within Achieve together have been doing things to promote World Suicide Prevention Day on Thursday, so please look out for what we’ve been doing on our social media, intranet and feel free to have a look at the below resources to see how you can be involved and understand more about how each of us can help ourselves and others.

<https://www.prevent-suicide.org.uk/support-us/asknowsavelives/>

<https://www.samaritans.org/scotland/support-us/campaign/world-suicide-prevention-day/>



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