Help Prevent Suicide on 10 September

Suicide Prevention Australia is calling on all Australians to help prevent suicide this World Suicide Prevention Day, by starting a conversation that matters or hosting an event on Monday 10 September 2018.

“World Suicide Prevention Day is a time to commemorate and collaborate,” said Ms Nieves Murray, Suicide Prevention Australia CEO. “To honour loved ones who’ve died by suicide. To understand that we all have a role in preventing suicide. To start and continue conversations that matter.”

“Ask a friend, coworker or loved one, #RUOK? Host or attend a World Suicide Prevention Day event. Share World Suicide Prevention Day news and posts on social. Remember #YouCanTalk about suicide, on World Suicide Prevention Day and every day,” Ms Murray said.

The theme of World Suicide Prevention Day in 2018 is Working together to prevent suicide. An initiative of the World Health Organisation, the Day helps to raise awareness of and inspire action on suicide prevention globally.

Here in Australia, almost eight people die by suicide every day. Annually more than 2800 people take their own lives, 65,000 attempt suicide, and thousands more consider it.

“September is a good opportunity for Aussies everywhere to help save a life,” Ms Murray said. “With World Suicide Prevention Day on 10 September and R U OK? Day on 13 September, there are lots of resources available to start a conversation that matters or host an event.”

To get involved go to:

- www.wspd.org.au to find or host a World Suicide Prevention Day event.
- www.ruok.org.au to find or host a R U OK? Day event.

Event hosts are encouraged to consider raising funds for Suicide Prevention Australia Members, who provide a range of crisis support and suicide prevention services. A list of Organisational Members is available online: www.suicidepreventionaust.org/members/organisations

To get help 24/7, phone Lifeline on 13 11 14 or the Suicide Call Back Service on 1300 659 467.

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Suicide Prevention Australia is the peak body for suicide prevention in Australia. We work to build a stronger suicide prevention sector, a more aware and engaged community, and a more effective regulatory and funding environment. Together we can achieve our shared vision of a world without suicide.