

Birmingham Mind Associates Group

Suicide Prevention Stamp Out Stigma

World Suicide Prevention Day 10th
September 2023

The International Association for Suicide Prevention and the World Health Organization (WHO) established World Suicide Prevention Day in 2003, it takes place on the 10th of September each year. The aim is to focus attention on suicide to reduce stigma and to raise awareness among the public, organisations, and governments that suicides are preventable.

The current theme is “Creating hope through action”, This is a call to action, it aims to show that suicide is preventable and that our actions can help to strengthen the prevention of suicide.

CASE STUDY Female 37

“My brother was very unhappy, he attempted to end his life twice over the course of a week. It was so scary, I couldn’t sleep at night and sat with my phone close to me. I was terrified I would get a phone call to say that he was gone. I felt guilty that I couldn’t do more to help him and felt like I had failed as a sister. I didn’t know what to do. Talking to a worker at Birmingham Minds helpline helped, it gave me someone to talk to about what was happening where I didn’t feel judged, this meant that I could be there for my brother and my family without having to worry about how I was feeling. Thankfully my brother got the help that he needed, he has a long recovery ahead of him, but he is back at work and taking small steps forward with his life.”

In England

- The suicide rates in males are higher than in females. In 2021 the suicide rate was 15.8 per 100,000 in males compared to 5.5 per 100,000 in females.
- In 2021 males aged 50 – 54 had the highest suicide rate of 22.5 per 100,000.
- Suicide occurs within all age groups throughout life, in 2019 it was the fourth leading cause of death among 15–29-year-olds.
- WHO statistics show that more than 700,000 people die by suicide every year globally.
- WHO states that **All suicides are preventable**. Suicide and suicide attempts have a ripple effect that affects, families, friends, communities, and society.

Where to find Support for yourself or someone you have concerns about

Birmingham Mind Helpline

0121 262 3555

Samaritans

Call: 116 123 Email jo@samaritans.org

Text SHOUT to 85258

Campaign Against Living Miserably (CALM)

Call: 0800 585858 5 pm – midnight every day.

Papyrus – Prevention of Suicide of Young People

Call: 0800 0684141 Email

pat@papyrus-uk.org