Once again we, the IASP community, can reflect proudly on a successful World Suicide Prevention Day (WSPD). On Sunday September 10th 2017, the 15th WSPD, people working in suicide prevention, people directly affected by suicide and suicidal behaviour and members of the general public united in our efforts to take a minute and change a life. On WSPD 2017 you made a difference.

From sunrise to sunset events spanned across the globe, connecting countries as far apart as Ireland and New Zealand in their dedication to suicide prevention. Official national and regional WSPD launches engaged with many people and many cultures. The breadth of activities which marked WSPD 2017 was extraordinary, with a range of diverse events. These included training sessions, information seminars, remembrance gatherings, musical ceremonies and of course our annual Light a Candle and Cycle Around the Globe events.

In light of the wonderful contributions and time taken to organise and host these many events we at IASP have decided to dedicate this special edition of the newsletter to WSPD 2017. In this issue we share an overview of some of the wonderful event feedback, photography and accomplishments. Speaking of accomplishments, on this the fifth year of the Cycle Around the Globe event, we are happy to report that 287 individual participants (or groups of participants) from 45 countries took part in this event. To date, together we have cycled over 21 times (864,822.9 kilometers) the circumference of the Earth! This is a massive achievement and a pinnacle IASP event every year of which we are very proud and thankful to all cyclists and hosts alike.

This and the many other inspirational WSPD events are made possible by you, the participants, and by the dedicated and hard-working event hosts and organisers. Thank you to all of you for your tireless work towards WSPD 2017 and your rich contribution to suicide prevention globally. Thank you also to the many IASP National Representatives who worked hard to coordinate the array of activities described in this newsletter. Your achievements in organising these events is a credit to IASP and a symbol of your dedication to your role as National Representative.

As per each WSPD the preparations and coordination for the day requires intensive input and from IASP’s Central Administrative Office staff. On behalf of the IASP Executive Committee, I would like to thank Wendy Orchard, Wendy Cliff, Kenneth Hemmerick, Hannah Hayward and Caroline Daly for giving their time and commitment to making WSPD 2017 a memorable success.

Professor Jane Pirkis
Acting IASP President

World Suicide Prevention Day Ribbons and Lapel Pins

For the second year running we were delighted to share with you along with our partners, our universal suicide prevention awareness ribbon. This year IASP distributed 10,000 WSPD ribbons and many others were handmade within communities themselves.

To remind everyone about the meaning of our awareness ribbon the colour combinations chosen, yellow and orange, signify suicide prevention awareness around the world. This two toned ribbon represents the grief experienced after a suicide and is indicative of a candle flame which ties in with the “Light a Candle”, WSPD activity.

Our wish is for the suicide prevention awareness ribbon to become internationally recognisable, and associated with suicide prevention globally. In uniting in this shared universal ribbon, we hope to increase awareness of suicide prevention every day.

This year we also launched our new lapel pins, which are available year round for online sales individually or in packs. To find out more please visit: www.iasp.info/wspd2017/world-suicide-prevention-day-lapel-pins/.

A special thank you to Ms. Wendy Cliff for her dedicated work on these ribbons and pins and their global distribution!
**WSPD 2017 Uruguay Award**

On September 12th 2017 Dr. Silvia Pelaez, the IASP National Representative for Uruguay and the NGO Last Resort (Ultimo Recurso) received the National Prize to Citizenship Excellence as the Golden Citizen Prize in acknowledgement for their pioneering approach to suicide prevention in Uruguay.

Last resort, a non-governmental organization, offers assistance in dealing with crisis situations and suicide prevention. Last Resort is a reference in suicide prevention for all social classes and an expert institution for suicidology in Uruguay.

Congratulations to Silvia and her very dedicated team at Last Resort from everyone here at IASP.

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**WSPD 2017 ITALY**

Reflecting previous years WSPD was marked in Italy through various activities and events. On September 7th Prof Maurizio Pompili took part in a conference promoted by FEALIPS (European Federation of Associations Fighting against Isolation and for Suicide Prevention) under the patronage of LOUIS MICHEL Ministre d’Etat, Député Européen Co-président de l’Assemblée Parlementaire Paritaire APP ACP-UE (Afrique Caraïbes Pacifique - Union Européenne). At the European Parliament in Brussels Prof Pompili launched WSPD with a speech, covering the theme of WSPD 2017.

On September 14th and 15th the International Suicide and Public Health Conference - World Suicide Prevention Day 2017 was held at the University of Rome La Sapienza. This two-day conference included more than 40 speakers and chairmen and was attended by over 1,300 delegates including doctors, psychologists, sociologists, social workers, nurses, organisations, and students and the general public. The conference included an impressive array of speakers, with a focus on cyber-bulling. Innovatively this event included a dedicated session with foreign speakers, which was new for this congressional event. Additionally, Prof Pompili took part in the Italian morning show-UNO Mattina and also have interviews to the main Italian press agency-ANSA, with a lot of other media attention also achieved.

IASP would like to thank Prof Maurizio Pompili for his very dedicated and committed work in facilitating and leading many of these very successful and well attended events this and every year.

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**WSPD 2017 IRELAND**

To mark WSPD 2017 Prof Ella Arensman, Representative of the IASP College of Presidents, presented a current and exciting lecture entitled: Self-harm and suicide in young people and those in the middle age group: Associated risk factors and evidence based interventions.

The lecture, given in University College Cork, was well attended by academics and service providers alike and gave an excellent overview of national and international research pertaining to the extent of suicidal behaviours in young-middle aged people, related risk and protective factors and also evidence based interventions for these populations.

This presentation is available to view online at: www.youtube.com/watch?v=BbtVWke7ikE.
Many activities were undertaken to commemorate WSPD 2017 in Afghanistan. Events included those which took place in Kabul Mental Health Hospital and the Voice of Women’s’ shelter in Herat.

Events celebrated on September 17th included an introduction from Dr. Ferozideen Feroz, Minister of Public health, followed by speeches from Mrs Hosai Wardak, Deputy Minister for Policy Ministry of Women’s Affairs; Mr. Maurizio Cian, Head of Mission, European Union and Dr. Ab.Majeed Saidiqi, HealthNet TPO’s Head of Mission. The day was closed with the distribution of 93 certificates for graduation of the local psychosocial counselling course.

Medica Afghanistan (MA) took active participation in the celebration of WSPD 2017 by providing awareness raising regarding prevention of suicide and depression for (105) beneficiaries and staffs of five women protection centres at Kabul, Herat and Mazar. In addition, MA provided awareness raising for (35) teachers of Lincoln Learning centre.

Staff of the Voice of Women’s’ shelter in Herat Afghanistan took part in an awareness raising session detailing suicide prevention, which detailed the risk factors and signs of suicide, information on how to deal with and treat suicidal behaviour and a discussion on suicide from the viewpoint of the laws of the Islamic Republic of Afghanistan.

As you can see in our section on the WSPD Cycle Around the Globe a very well attended cycle was also held, with many photos. Thank you to Dr. Bashir Ahmad Sarwari and all of those involved in organising these events for their tireless work and successful.

Images from the WSPD 2017 celebration in Afghanistan from Dr. Sarwari
World Suicide Prevention Day 2017 celebrations in India involved many great and successful activities. Launched on August 28th by the District Medical and Health Officer, with the releasing of suicide awareness pamphlets in the presence of IMA Secretary and District Project Officers of Health, many other suicide prevention activities followed, as listed below.

- **August 29th**: Organized a patient awareness program in the local hospital.

- **August 30th**: Dr. Babu and his team met with a member of Legislative Assembly of the constituency and invited him to participate in the Suicide Awareness program. Also hosted a press meeting and discussed the WSPD 2017 activities, urging them to cover the news as per IASP guidelines for the media. This meeting was attended by IMA Secretary and Psychiatry Professors.

- **August 31st**: Conducted an awareness program in the rural village Pindiprole in a Junior College with 350 students in attendance. Awareness material pamphlets were distributed to villagers following this event.

- **September 1st**: Conducted an awareness program in a village Mudigonda Junior College with 300 students and teachers in attendance.

- **September 2nd**: Distributed suicide awareness pamphlets to the public.

- **September 3rd**: Participated in a Cycle Rally followed by the distribution of awareness pamphlets.

- **September 4th**: Pamphlets were distributed to villagers and farmers with the help of local young people.

- **September 5th**: Conducted an awareness class to intermediate students, high school students, teachers, lecturers, farmers and villagers in Bonkal village, 30km from Khammam, with 500 people in attendance. Khammam Psychiatry Society Secretary Dr. Narayana Rao and Dr. G. Venkateswarlu of Andhra Pradesh Nursing Homes Association Khammam Secretary also attended this session.

- **September 6th**: Conducted an awareness class to intermediate and degree college students, college staff and local leaders in JVR Degree College in Kusumanchi Village. Around 350 students attended with excellent interaction.

- **September 7th**: Conducted an awareness class for 200 students and staff at a junior college in Wyra Town, 25km from Khammam. The Lions Club District Governor and Local Doctors were also present at this session.

- **September 8th**: A morning rally was organized from Mamatha General Hospital to Government Hospital. This rally was flagged off by Member of Legislative Assembly Sri. Puvvada Ajay Kumar, Dean Dr. Koteswara Rao, Hospital Superintendent Dr. Kishan, Prof. Anatomy Dr. Naveen. Other IMA doctors, psychiatrists, medical students, nursing staff, social activists and local political leaders also participated in the rally. At the end of the rally in Government Hospital, Dr. Papa Lal Mayor of the City, Dr. Madhan Singh spoke about suicide prevention to the 600 people in attendance.

- **September 9th**: Distributed pamphlets in bus and railway stations to the passengers so that the message will reach different destinations.

- **September 10th**: Hosted an awareness program to walkers and distributed pamphlets. In the evening a candle rally was held from Pavilion ground to bus stand, started by the Assistant Commissioner of police, Khammam, with approximately 60 people in attendance.

A very special thank you to Dr. R. Sateesh Babu (IASP National Representative of India) for providing us with this report and for his excellent work in this area and on WSPD 2017.
On WSPD, 2017 the Om Foundation appealed to the honourable Prime minister of India Shri Narendra Bhai Modi to include WSPD in the government public awareness program list, which is currently under consideration and is with the Joint Secretary of Health and Family Welfare. Furthermore, as coordinated by Dr Pandit Devjyoti Sharma an awareness programme was also hosted to mark WSPD 2017.

A very warm thank you from IASP to Dr. Sharma, Dr. Babu (IASP National Representative for India) and all at the Om Foundation for their determined efforts to recognise suicide prevention efforts in India and their excellent work in celebrating WSPD 2017.

Photographs by Dr Pandit Devjyoti Sharma

World Suicide prevention Day was celebrated in Argentina with many activities, namely those held in Buenos Aires and also the Province of Catamarca.

In Buenos Aires, the National Social Development of the Nation, the National Directorate for Young People Dr. Maria Lila Castillo and the IASP Representation, carried out the presentation of the new booklet “Prevention of Suicide in the Media communication” (available at: https://drive.google.com/file/d/0B6jv_M0DqvhSeWU0NXhLTDhybFk/view?usp=sharing).

In Catamarca formal recognition was attributed to individuals, professionals and institutions that stood out in their work on suicide prevention over the last year. A total of 50 individuals and institutions were recognized throughout the country on this momentous day. In Argentina those working in the area continue to use the orange tie as a symbol suicide prevention, which featured heavily in WSPD 2017.

Thank you very much to Dr. Ernesto Paez (IASP National Representative for Argentina) for his work on these events and his continued dedication.

Photographs by Dr Pandit Devjyoti Sharma
On September 2nd 2017, Syed Alam, the IASP National Representative for Bangladesh led a team of 20 volunteers visiting an interior District of Bangladesh to Kurigram by car and bus with a truck load of 1000+ dry food bags containing rice, lintel, potato, salt, candles, match, Paracetamol, Orsaline etc. for flood ravaged people.

On September 3rd and 4th the team then drove to river side, loaded the relief materials in horse cart. Than loading it in small boats, the team delivered packages to some remote islands. This delivery mission was then followed by a discussion about Suicide Prevention over dinner.

On September 10th Syed lead a team of 33 cyclists from Jatio Sangshad (National Parliament) and rode through severe rain to the National Monument, completing 8.16 km to Dhaka University. Collated this involved a group cycle distance of an excellent 269.28km. Following this the team had a breakfast followed by a discussion on suicide prevention.

A massive thank you to Syed Alam (IASP National Representative for Bangladesh) for coordinating and leading on these wonderful and warming events in respect of WSPD 2017.
This year Befrienders Kenya was part of the Ministry of Health activities for the week which included a series of talks within Nairobi from the 6th - 10th September 2017 with the aim of creating awareness on suicide and suicide prevention.

The beneficiaries of the talks were primary schools, high schools, colleges and churches and were engaged on topics such as mental health among young people and preventing suicide through awareness on mental health. The talks were facilitated by Ministry of Health represented by Dr. Chitayi and a nurse from Mathari Mental and Referral Hospital and Hiram Chomba a volunteer counselling psychologist from Befrienders Kenya.

Befrienders Kenya's event for the WSPD was held on 12th September 2017 and the venue was at ACK Ndunyu in Wangige, Kiambu County.

The WSPD Ministry of Health Event

This event brought together health professionals, medical students, service providers, department of mental health, primary school pupils, patients at the institution, media, among other stakeholders.

The speakers of the day came from various organizations that are stakeholders in the issue of suicide and mental health. Among them was Ms. Merab Mulindi of Befrienders Kenya who is also the national representative of the IASP and Africa Regional Coordinator for Befrienders Worldwide. The event encompassed various activities which included a procession, speeches and entertainments (skits, songs and dances).
**WSPD Kenya**

**Befrienders Kenya marks its 6th WSPD in Kenya**

This event brought together community-based organizations, teachers, community health workers, service providers within the field of health and police. The event featured an introduction to the day and theme for 2017, message from the IASP President, a candle-lighting ceremony, and presentations. Earlier on, the participants had organized for a procession in the area adjacent to the venue as part of the awareness creation on the day.

Befrienders Kenya would like to thank Ministry of Health, Mental Health department for inviting Befrienders Kenya to be a part of the national event marking the World Suicide Prevention Day 2017. We also acknowledge Empower Mama who also came out to partner with us in marking the sixth World suicide prevention day in Kenya. Our gratitude also goes to all the facilitators for having accepted the invitation to give informative and educative talks on the topics of the day.

A very sincere thank you to Ms. Merab Mulindi of Befrienders Kenya (IASP National Representative for Kenya) and all at the organisation for their great continuous work in the area of suicide prevention.

Photographs from Ms. Merab Mulindi

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**WSPD 2017 Australia**

At the WSPD 2017/ R U OK? Day Breakfast hosted by Parliamentary Friends Group for Suicide Prevention members of parliament met with Suicide Prevention Australia Members. This wonderful event symbolised cross-party support for WSPD 2017.

At the event there were several presentations regarding the importance of talking about suicide and asking R U OK?. Furthermore, Associate Professor Phil Batterham from Australia National University presented findings from a recent national survey on Australian attitudes to suicide and knowledge about its prevention.

A thank you to Kim Borrowdale of Suicide Prevention Australia for sharing with us this event of WSPD 2017 in Australia.

PHOTO CREDIT: SBS News

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**WSPD 2017 Hong Kong**

On September 8th 2017, the HKJC Centre for Suicide Research and Prevention (CSRP) of the University of Hong Kong (HKU) held a press conference with the theme “Take a Minute, Change a Life” to raise public awareness of suicide prevention.

Professor Paul Yip Siu-fai, CSRP Director, presented the latest suicide statistics for Hong Kong. Following this the CSRP announced the winner, 1st runner-up and 2nd runner-up of the one-minute video competition with the theme of “Take a Minute, Change a Life” which encouraged members of the community to participate in suicide prevention, and to support the high-risk individuals.

An impressive 23 media groups attended and a subsequent 25 news pieces followed.

Thank you to Dr Frances Yik Wa Law (IASP National Representative for Hong Kong), Rickey Yau of the HKJC and indeed Professor Yip for making this conference such a successful and informative event.

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**International Association for Suicide Prevention**

IASP News Bulletin
The regional launches for the USA on WSPD 2017 entailed a very impressive list of events. Here we provide a summary list of these events which included speaking to media and healthcare professionals, community members and military personnel.

- **September 6th**: Webinar for World Health Organisation (WHO) training media from around the globe
- **September 6th**: Accepted a Proclamation from the Mayor of Bloomington, Minnesota recognizing WSPD
- **September 7th**: Presentation to the Real Warriors/Veterans programs
- **September 12th**: Trained 160 healthcare professionals in Detroit, Michigan
- **September 14th**: Spoke on a panel to 250 participants for the Nobel Peace Prize Forum on firearms and suicide
- **September 17th**: Spoke at a suicide prevention event to 650 participants in Hutchinson, Minnesota
- **September 23rd**: Spoke to 280 college students in Florida on suicide prevention on college campuses
- **September 28th**: Spoke to medical examiners and coroners on talking about suicide with the media and families
- **September 30th**: Spoke to 500 community members in Oswego, New York on taking a minute to save a life.

Additional to this Dan Reidenberg (IASP General Secretary and USA National Representative) and his team also ran the www.Take5ToSaveLives.org campaign with a reach of 21 million globally through press, more than 5 million on Facebook and over 2,000 Twitter followers. Furthermore, the team also distributed more than 400 WSPD ribbons.

Thank you to Dan his wonderful team and community in the USA for their wonderful work on WSPD 2017.

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In Southern Chile WSPD 2017 was celebrated with two wonderful initiatives, based in local schools: Colegio Riachuelo (Rio Negro) and Liceo Eleuterio Ramirez (Osorno) initiative from Consejo Consultivo Adolescente and Servicio de Salud Osorno.

Teenagers from both schools gave suicide prevention messages to the community, after they learned about the warning signs of suicide and where they could go for help if they were ever in distress.

A big thank you to Dr. Pablo Aravena for this WSPD work and update and a very special thank you to the many young people at the heart of these wonderful events.

Photographs received from: Dr. Pablo Aravena
World Suicide Prevention Day activities in the Waterloo Region, a community outside of Toronto, Ontario, Canada, were held on September 10th.

In celebrating the theme “Take a minute, change a life”, over 400 individuals attending two events were invited to think about the ways in which they could make a difference, how they could find ways, big or small, to change lives within our community and the world.

The first event featured various activities including: an interactive information fair with local community organizations, guitar and flute performances, foam butterflies (for individuals to write messages of hope, help or healing which were then displayed for all to see), speakers and a community butterfly release. In partnership with the Waterloo Region Suicide Prevention Council, Grand River Hospital hosted two simultaneous butterfly releases for patients and care providers at their campuses.

Waterloo Region was also fortunate to welcome the Mysterious Barricades concert event for the second year as one of 15 locations participating in a Nation-wide, 21 hour concert series. The 90-minute free concert featured local artists.

Thank you very much to Elisa Brewer-Singh, Elisa Brewer-Singh, Program Coordinator with the Waterloo Region Suicide Prevention Council for her great work on this event and for providing us with this update and accompanying photographs.
Thank you to all those of you who took part in the 5th annual Cycle Around the Globe event for showing us how much you cared about suicide prevention.

The total number of kilometres cycled, as recorded to date, was an immense 319,945.5 kilometres, equating to over 7 times the circumference of the globe. With cyclists from over 45 countries, we are indebted to you all for your admirable contributions to the success of this event. Here we share some specific Cycle Around the Globe individual and team stories. Thank you to everyone who took part and also to donors and those who raised funds for the area of suicide prevention. If you would like to share your story with us, please do so by contacting Caroline at Research@iasp.info.

#HeyAreYouOK Cycle Around the Globe event UK

On September 10th 2017 Team STORM took part in the annual Cycle Around the Globe event. With a team of 17 dedicated individuals Team STORM contributed a very impressive 75 miles to the Cycle Around the Globe event whilst also fundraising for the event.

The event was held in Sale Water Park in Trafford, England and as with many WSPD events it opened up conversations about suicide and was successful in raising awareness on the topic. Thank you to the team and organisers for your wonderful contribution to WSPD 2017. To find out more about the #HeyAreYouOk? campaign please visit: www.stormskillstraining.com/heyareyouok.
Since 2015, over 2800 participants have saddled up to take on the Pieta 100 Cycle challenge, on World Suicide Prevention Day, as hosted by Pieta House, who provide a free, therapeutic approach to people who are in suicidal distress and those who engage in self-harm.

Pieta 100 took place in six locations across Ireland and was a huge success, contributing a whopping 120,761.00 kilometres to the Cycle Around the Globe statistics. The team at Pieta House included over 1,400 participants who raised over 100,000 Euro. Pieta House CEO Brian Higgins spoke of the event saying that “In the same way that someone out on a cycle can put a supportive hand on your back to help push you up a hill, that’s really the job of Pieta House too.”

To find out more about Pieta House please visit: www.pieta.ie/ and to find out more about this annual event please visit: https://www.facebook.com/pieta100/erary/Offaly

Photographs by Bart K Photography (www.bartkphoto.com)
School girls from the Jaghorui district of Ghazni, Afghanistan took part in the Cycle Around the Globe Event and shared some wonderful photographs and images with us from their day.

On September 10th Syed Alam, the IASP National Representative for Bangladesh, lead a team of 33 cyclists from Jatio Sangshad (National Parliament) and rode through severe rain to the National Monument, completing 8.16 km to Dhaka University. Collated this involved a group cycle distance of an excellent 269.28km. Following this the team had a breakfast followed by a discussion on suicide prevention.
In support of WSPD 2017, approximately 200 Polynesians took up the challenge of cycling around the island of Tahiti.

**L’AS Pirae Cyclisme organise**

**La Randocyclo Tour de l’île**

(Pas de classement général)

**Le Dimanche 10 Septembre 2017**

Départ : Mairie de Pirae  
par la côte Est à partir de 7h  
Arrivée : Mairie de Pirae  
Age minimum : 15 ans  
Tarif : 1 500 Cfp  

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Nombreux lots à gagner

Renseignements au 87.76.54.31 (Laurent)  
ou par email à piraecyclisme@gmail.com

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**Rosie Frost & team, UK**

Fourteen of us (aged 8–60) cycled a combined distance of 230 km today as a group in a woodland country park in south of England, raising funds for the UK Samaritans, our national suicide prevention charity.

“We all enjoyed cycling together and will meet again in the future, it was an uplifting event”.

Photograph from Rosie Frost
On September 17th, in respect of WSPD 2017, members of the Jamaica Cycling Federation took part in the WSPD Cycle Around the Globe. The trip commenced with a short ceremony by Dr. Loraine Barnaby and Mr. Fitzroy Williams before the riders started off in which Dr. Palmer prayed for travelling mercies.

Commencing in pre-dawn darkness the journey to Mandeville totalled approximately 130 miles round trip. Accounting for the 12 dedicated participants this contributed 1,560 miles to the total distance cycled in this IASP event.

Thank you to all participants for their wonderful efforts and spirit and also to Dr. Loraine Barnaby (IASP National Representative for Jamaica) for her work in this event.

Peter Noel, UK

Mr. Peter Noel cycled a huge 371 miles in a 24-hour solo event at Revolve24, brands hatch UK, with funding being raised for the Campaign Against Living Miserably (CALM).

Florian Irminger, Switzerland

This 88km cycle was organised for STOP SUICIDE, a Geneva-based youth suicide prevention organisation, which is a leading suicide prevention organisation in Switzerland, and organises a campaign #LiftPourToi for the past few years at the occasion of WSPD. Funding was raised for STOP SUICIDE.
This is the 4th year that SAN-KER participated in the Cycle Around the Globe. This year, the cycle included 84 cyclists ranging in age from 9-63. This was followed by a workshop on the same day on suicide prevention which was attended by 88 participants.
Over 1,300 V Teamers along with family and friends pushed their pedals in all corners of the planet, racking up almost 15,000 miles to raise awareness for suicide prevention.

For the second year in a row, the V Team came together to support the Cycle Around the Globe initiative. The V Team took to the road on their bikes in seven countries - Belgium, Czech Republic, Amsterdam, Peru, Sweden, the United Kingdom and the U.S. - and in 36 Health and Wellness Centers, with 1,349 riders, nearly 200 more riders than last year. This year the team cycled the equivalent of a roundtrip from England to China and from New York to Los Angeles (14,559 miles).
Team Newcastle, UK

Team Newcastle comprised of two sub-teams, one being the local tri club (approx. 40 members). The team also had a static bike here at the Hunter Institute of Mental Health (Everymind) with an additional 15 colleagues participating.

Photograph from Kursten Welch

University of Toronto Tri Club

Team from Teléfono de la Esperanza de Alicante, España

Team Pilatus au Barade, France