



International Association
for Suicide Prevention

ANNUAL REPORT 2022

Creating Hope Through Action



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FACTS & FIGURES

The global suicide rate is
over twice as high
among men than women.

79%
of global suicides
occur in low and
middle income
countries.

More than
700,000
people die due to
suicide every year.

Suicide is the fourth leading
cause of death among
15–29 year olds.

Suicide remains
illegal in at least
20 countries
around the world.



VOICE OF THE PRESIDENT

2022 was another incredibly productive year for IASP. We have faced many challenges over the last year as we are still coming to terms with the ongoing effects of the pandemic and its consequences, navigating wars and the cost of living crisis as well as the looming impacts of climate change. However, despite all of these challenges, as an international community, we still managed to strengthen our forum of expertise to inform our work to prevent suicides.

I have also been delighted to work with IASP's Communications Team to produce the IASP Podcast Series; 'Reach In, Reach Out'. The podcast series aims to focus on current themes impacting upon suicide and suicide prevention as well as focusing on different aspects of suicide research. Our [first episode](#) focused on the impact of COVID-19 on suicide and future episodes will look at suicide and suicide prevention in young people, postvention and the decriminalisation of suicide and suicidal behaviour among many more topics. We hope this is a meaningful way of engaging and hearing more about IASP's work.



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As a membership-based organisation, our strength comes through our community and I have had the pleasure of seeing that flourish and grow throughout 2022.

As an organisation, we continue to serve our wider suicide prevention communities in parts of the world where it is needed most, we champion research and findings through our awards and support researchers in early career stages. This continues to be reflected in our expanding membership.





GLOBAL POLICY



International Association for Suicide Prevention (IASP) continues to play a strategic central role that is both proactive as well as being reactive in empowering an effective forum for the promotion, implementation and evaluation of evidence-based suicide prevention activities internationally.

IASP is well placed to engage in world forums and to disseminate a message about the importance of suicide prevention in achieving the Sustainable Development Goals (SDGs). This is especially important in low and middle-income countries where the mental health treatment gap is huge, and the lack of data makes it difficult to determine the efficiency of preventive services.

The development and evolution of Partnerships for Life: Global Initiative to Prevent Suicide has continued apace. The programme enhances knowledge within IASP about suicide prevention activity and programmes across and within different regions of the world and promoting collaboration and cooperation in the development and implementation of a strategic and evidence-informed approach to suicide prevention.

Each of the six established regions has benefitted from the creative and committed leadership of a network coordinator who seeks to understand and meet regional and subregional suicide prevention needs. We look forward to seeing this fundamental area of work flourish and result in concrete actions and meaningful change in policy and interventions at national levels.



Decriminalisation of attempted suicide and suicidal behaviour

IASP's advocacy and campaign work to decriminalise suicide and attempted suicide in countries where it is still illegal remains a key priority.

IASP aims to identify, and support the implementation of, effective approaches to advocating for the decriminalisation of suicidal behaviour, both at a global level and in countries impacted by criminalisation.

Working in collaboration with United for Global Mental Health, IASP has contributed to webinar panel discussions and written policy letters, as required, to key policy influencers in a number of countries.

We believe that there is a historic opportunity to press for reform with more governments committing to decriminalising suicide against the backdrop of the endorsement of the WHO Global Mental Health Action Plan 2020-2030.

Success stories are being shared in key countries such as Pakistan and Guyana and we are hopeful that this momentum may continue to sway efforts in other parts of the world.



THE WORLD HEALTH ASSEMBLY

The World Health Assembly, the decision-making body of the World Health Organization (WHO), is held annually and 2022 saw the first in-person event since the outbreak of the COVID-19 pandemic. This theme was “Health for peace, peace for health”, befitting a world that has been affected by emergencies such as the COVID-19 pandemic, climate change, war, and other issues. Attended by delegates from member states of 194 countries, The Assembly plays a crucial role in making decisions about different countries’ health goals and strategies, reinforcing a global agenda and set of priorities for health.

Country delegates called on the international community to raise awareness about mental health, increase investment, and launch campaigns for stigma reduction. It was encouraging to witness mental health being considered an important agenda by member states, delegates, and the WHO at the Assembly. The more attention it gets on a world forum, the more countries are likely to implement favourable policies in mental health service delivery and stigma reduction.

IASP collaborated with other non-communicable disease organisations on a statement focusing on the importance of action on NCDs and mental health, including cardiovascular diseases (CVD), suicide prevention, and dementia. The statement commended the inclusion of people with lived experience in service development.

IASP is well placed to engage in these world forums and to disseminate a message about the importance of suicide prevention in achieving the Sustainable Development Goals (SDGs). As holistic mental health and well-being are being advocated as an agenda priority, IASP continues to push for suicide prevention efforts to be integrated within universal health coverage. This is especially important in low- and middle-income countries

where the mental health treatment gap is huge, and the lack of data makes it difficult to determine the efficiency of preventive services. Health for All is not possible without the inclusion of mental health and suicide prevention. Considering the focus on the promotion of mental health within the Global Action Plan for the Prevention and Control of NCDs 2013–2030, alongside the suicide mortality rate being an indicator within UN SDG Goal 3, we call for the WHO and member states to further prioritize principles within the Comprehensive Mental Health Action Plan 2013–2030 and embed suicide prevention within mental health law and policy and multi sectoral mental health promotion and action.



COMMUNICATIONS; GLOBAL, COMMUNITY, TRAINING & EDUCATION

Communications is a priority to both our members, and more broadly, particularly in leading World Suicide Prevention Day messaging. Our Special Interest Groups, which allow our members to focus on a specific suicide prevention topic, are the backbone of much of our activity. IASP provides training and education through its conference programme and specific training opportunities.

World Suicide Prevention Day

‘Creating Hope Through Action’, as a World Suicide Prevention Day theme, continues to resonate positively and inspire confidence in all of us to reach in to individuals who may be struggling, to encourage understanding around suicide and to share experiences in a hopeful and supportive way. It is a reminder that there is an alternative to suicide and that our actions, no matter how big or small.

A short awareness raising film was produced in 2022 which together resulted in a global reach of more than 120 million. Events also take place all over the world with more than 120 such events registered with IASP worldwide. In 2022, US President Joe Biden also issued a White House Proclamation reflecting IASP WSPD wording and overall message of hope. The campaign period between 1st September and 10th of October continues to increase in visibility year-on-year, demonstrating the extent to which a hopeful and supportive message can increase understanding and awareness of suicide and its prevention in our communities.

#BeTheLight



(Photo: Faculty of Medicine Universitas Airlangga)

World Mental Health Day

“Making Mental Health & Well-Being for All a Global Priority.” The theme for this year’s World Mental Health Day aimed to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health, resonating with many of the challenges that are faced within suicide prevention. IASP calls upon stakeholders to engage in efforts for the prevention of suicide and the promotion of mental health and well-being. Increasing awareness, strengthening mental health care systems, reducing the treatment gap, addressing social inequalities, and increasing national-level commitment and investment in mental health are key steps towards realizing the theme for this year’s World Mental Health Day.





CYCLE AROUND THE GLOBE

For the ninth year running, participants joined together to collectively cycle the circumference of the globe in the period between World Suicide Prevention Day (10 September) and World Mental Health Day (10 October). Participants walked, ran, and cycled a phenomenal 297,852 KM to break the stigma surrounding suicide — A distance equivalent to over 7 times around the globe!

The virtual event saw its most monumental participation to date with over 2,000 participants in over 47 countries cycling to raise awareness for suicide prevention.

Over 85 teams took on the challenge globally this year, including, Pirae Cyclisme, StandBy Support After Suicide, Roses in the Ocean, Take2 Consulting and Express Solicitors, alongside returning teams, GoPro Employees for a Cause, the CCC Foundation, Teléfono de la Esperanza and Verizon. Teams encompassed those working across the mental health space, as well as several employee volunteer programs and CSR initiatives.

Each year, IASP invites the global community to come together to cycle for suicide prevention for free, to ensure

anyone, anywhere in the world can get involved. In 2022, over \$20,000 was raised by participants towards global suicide prevention efforts.

IASP is grateful to everyone who has taken part in Cycle Around the Globe for their support and for helping to prevent suicide. Changing the narrative around suicide through encouraging hope can create a more compassionate society where those in need feel more comfortable in coming forward to seek help.



(Photo: Teléfono de la Esperanza)





MENTUPP

MENTUPP – Mental Health Promotion and Intervention in Occupational Settings, is a 4-year EU-funded project which will end in December 2023. IASP has continued to work to communicate and disseminate tasks associated with the project.

The primary aim of MENTUPP is to improve mental health in the workplace by developing, implementing, and evaluating a multilevel intervention targeting mental health difficulties in Small and Medium Enterprises (SMEs) in the construction, health and ICT sectors. Its secondary aim is to reduce depression and suicidal behaviour. Highlights in 2022 included the beginning of the multi-country cluster randomised controlled trial to assess the effectiveness of the optimised intervention.



(Photo: MENTUPP)



CONFERENCES AND CONGRESSES

The IASP 10th Asia Pacific Hybrid Conference (APAC) in early May was a highlight of the year and a wonderful opportunity for peers and colleagues within the region to convene in Australia. The event provided an engaging platform for conversation and learning among international peers; a real benefit of the hybrid approach. A key focus of the conference was to shine a light on the evidence and challenges around suicide prevention in lower and middle-income countries, as well as in indigenous communities, as well as providing a central space for lived and living experience perspectives throughout.

We were delighted to be able to host the IASP 2022 APAC in association with our partners, The National Mental Health Commission, Queensland Tourism, LivingWorks & Roses in the Ocean. After the time of isolation, this was particularly well received. It counted >130 presentations from >35 countries. Thanks to our generous partners, we covered bursaries for >120 in-person participants. The IASP Events team also facilitated the virtual Triple I conference in Slovenia, the Oxford Workshops and the ICSPRC webinars.

This speaks to the veritable outreach of our association.

IASP was also delighted to continue its collaboration with the ESSSB which was hosted in August 2022 in Copenhagen by the Danish Research Institute for Suicide Prevention. The opportunity allowed the Partnerships for Life team to host a National Suicide Prevention Strategy workshop as well as a symposium/panel evaluating national suicide prevention strategies. The collaboration also provided space for Special Interest Groups to hold in-person meetings.





SPECIAL INTEREST GROUPS AND EARLY CAREER GROUP

Special Interest Groups

IASP Special Interest Groups (SIG) offer members, both researchers, professionals, lay people and volunteers, an opportunity to engage in specific areas of suicide prevention. Number of SIGs took the opportunity to meet in person at the 10th Asia Pacific Conference the European Symposium for Suicide and Suicidal Behaviour and held SIG symposium sessions within the scientific programme of both conferences. We continue to hold discussions on potential additional groups and on strengthening group activities across all SIGs. A number of SIG's provided Outreach Briefs for the World Suicide Prevention Day campaign, a great addition to our open access resources.

Early Career Group

The Early Career Group continues to arrange network activities with the aim of creating links between existing and new and your members of the association. The Group has also continued to flourish as demonstrated through the success of our now well-known and highly sought after Pecha Kucha held for the first time at the IASP 10th Asia Pacific Conference events showcasing innovative ways to present studies or research and offering an innovative way to support early career researchers.

MEMBERSHIP & THE CAO TEAM

Membership is the foundation of IASP, and it remains the focus for all IASP deliverables. We welcomed 108 new members to the association in 2022. Thanks to the energy and enthusiasm of our members, the Special Interest Groups strengthen and grow and our membership feeds into organisational work through other initiatives such as Partnerships for Life.

IASP Elections

The Election process for the period 2023 – 2026 opened in August 2022. IASP members were invited to submit their nominations for the Executive Committee members by October 2022.

The Central Administrative Office

To support the growth in our activity, the organisation has continued to grow over this period. The capacity within the Central Administrative office has increased from 4.3 full time equivalent staff to 6.2 and at the close of 2022 had 11 individuals in total running the organisation and spanning membership and events, communications and programmes.

Member Type	Zone 1	Zone 2	Zone 3	Zone 4
Individual	339	46	30	4
Organisation	89	11	7	2
Advanced Organisation	13	-	2	-
Student	34	2	2	1
Volunteer	6	-	-	-
Retiree	15	1	-	-
Associate	4	8	5	5
Associate Organisation	3	1	3	3
Honorary	1	-	-	-
AE	1	-	-	-
637	504	69	49	15



RESOURCES

The Association was led by a global Board of experts (non-fee earning) located in 9 countries and democratically representative of the working membership located in over 70 nations.

IASP is managed by a dedicated team (CAO) located in 6 countries that incurs minimal office expenditure as they are located home based or attached to a local institute.

2022 INCOME

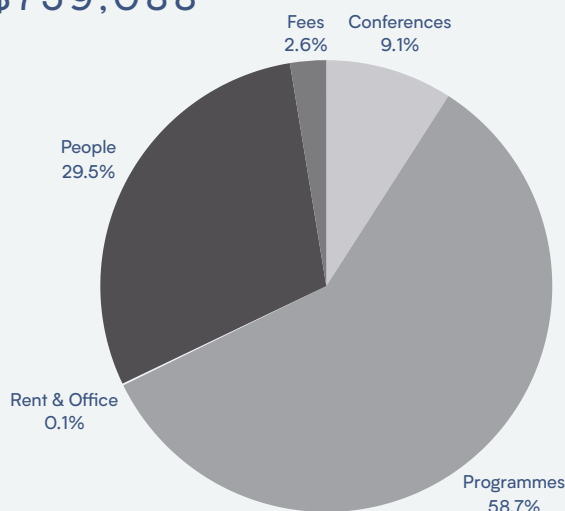
\$469,019

2022 EXPENDITURE

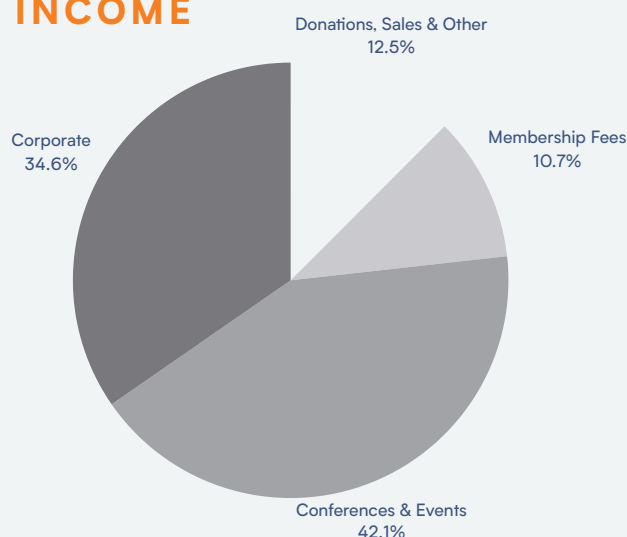
\$393,865

2022 ASSETS

\$759,088



INCOME



EXPENDITURE

Figures exclude 'in kind' and 'pro bono' In kind donations – members of the organisation, especially the Board, cover their own costs thereby donating their expenses. Pro bono – a team of experts (communications, strategists, academics) provide services without fees.





ACKNOWLEDGEMENTS

Our Funders:

Lundbeck, TikTok, the Facebook community, Cycle Around the Globe participants and other donations.

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IASP 10th Asia Pacific Sponsors:

We are very grateful to conference partners; The National Mental Health Commission and Movember alongside major sponsors LivingWorks, Tourism and Events Queensland, The Trevor Project, Movember, Orygen, BeyondBlue and The Gold Coast Convention Centre in providing this funding.

World Suicide Prevention Day dissemination was supported in kind by Twitter.

Our Pro-Bono Consultants, trainers, organisational consultants, mentors and past presidents:

Who continue to give their professional time and knowledge.

The IASP Trustees:

Who give their time and leadership in kind.

The Central Administrative Office Team:

Who work across six geographical locations.

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