

3-6 June 2024 | Ba

Welcome

#IASPBANG

# Annual Report 2024



Our mission is to prevent suicide and suicidal behaviour, to alleviate its effects, and to provide a forum for academics, mental health professionals, crisis workers, volunteers, and lived experience.

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## ↘ Facts and Figures

More than 720,000 people die by suicide worldwide each year. Over one in every 100 deaths (1.3%) in 2019 were the result of suicide.

Suicide was the third leading cause of death among 15–29-year-olds; second for females, third for males.

Although suicide occurs across all regions in the world, over three-quarters (73%) of global suicides in 2021 occurred in low- and middle-income countries.

Suicide and attempted suicide are still criminalised in at least 23 countries worldwide

Over half (56%) of all deaths by suicide occur before the age of 50 years old.

An individual living with depression is twenty times more likely to die by suicide than someone without the disorder.

# ↘ Voice of the President

## Professor Rory O'Connor

As I reflect on my final year as President of the International Association for Suicide Prevention (IASP), I am filled with immense pride and gratitude for all that we have achieved together. This past year has been one of significant progress, innovation, and impact as we continue our collective mission to prevent suicide and alleviate its devastating effects worldwide.

One of the most defining moments of the year was the launch of our five-year organisational strategy for 2024–2028. This strategy provides a comprehensive roadmap that strengthens our leadership in global collaboration, expands our reach and diversity, reinforces our advocacy efforts, and drives innovation in suicide prevention. By building on past successes and addressing gaps, particularly in low- and middle-income countries, IASP has positioned itself as a key force in the global fight against suicide.

Our Partnerships for Life initiative has been instrumental in advocating for national suicide prevention strategies worldwide. This year, we successfully facilitated high-level discussions, workshops, and advocacy efforts across multiple regions, including Southeast Asia, the Asia Pacific, and Europe.

The decriminalisation of suicide remains a critical issue, and IASP supported the 'Workshop on Decriminalising Suicide in the Caribbean' this year. We remain committed to eliminating legal barriers that prevent individuals from seeking help and support. Our participation in key global forums, such as the World Health Assembly and the WHO Mental Health Forum, further solidified our commitment to integrating suicide prevention within broader public health and policy frameworks.

Our communications and public engagement efforts reached new heights, with World Suicide Prevention Day (WSPD) 2024 setting records in participation and reach.

The launch of the Lancet Public Health Series underscored the need for a public health approach to suicide prevention, while the Cycle Around the Globe campaign inspired thousands worldwide to engage in physical activity as a symbol of solidarity and hope.

Additionally, IASP convened major regional and international conferences, including the 11th Asia Pacific Conference, the Pan-American Conference, and research workshops in Australasia and North America. These events facilitated knowledge exchange, fostered collaboration, and advanced innovative solutions tailored to diverse communities and cultural contexts.

As I step down from my role, I want to extend my heartfelt thanks to each of you for your trust, support, and unwavering dedication to our shared mission. Leading this fantastic organisation has been such an incredible honour, and I am humbled by the opportunity to have served alongside such passionate and inspiring individuals. Many congratulations to our new president Jo, and the incoming Board who will assume office in January 2025. They will be brilliant, and I look forward to watching IASP continue to thrive and flourish under their leadership. The future is most certainly bright for IASP and our commitment to our vision of achieving a compassionate world, free of suicide remains strong.



# ↘ New Organisational Strategy

## 2024-2028

IASP launched its five-year organisational strategy for 2024-2028 in May. The unveiling of the new strategy marked a significant milestone in the global effort to prevent suicide, setting a roadmap for coordinated action over the next five years and beyond. This strategy was built upon the organisation's previous successes and expanded to address increased needs in low- and middle-income countries, where suicides are more prevalent, and resources are scarcer. It centres around four strategic principles: leading global collaboration, expanding reach and diversity, strengthening advocacy and knowledge exchange and driving innovation and impact. The strategy highlighted the following vision, mission, and values central to achieving organisational goals.

### Vision

Our vision is of a compassionate world, free of suicide.

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### Values

Six key values are fundamental to the core of IASP's mission and are reflected through our global membership which are central to the productivity of the Association.

#### **Compassion**

Demonstrate unwavering compassion towards individuals affected by suicide, continually recognising the importance of empathy and understanding in supporting those who are struggling and ensure their perspectives are embedded throughout the work of the association.

#### **Diversity & Inclusivity**

Embrace and celebrate diversity in all its forms. We are committed to fostering an inclusive environment that values and respects individuals from diverse backgrounds, cultures, and experiences. We believe that diversity strengthens our collective impact and enhances our ability to address the complex challenges of suicide prevention with empathy, innovation, and effectiveness.

#### **Transparency**

To uphold a commitment to open and honest communications

### Mission

To prevent suicide and suicidal behaviour, to alleviate its effects, and to provide a forum for academicians, mental health professionals, crisis workers, volunteers, and lived experience.

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#### **Recognition**

Acknowledge the value of insights and experiences of all those with a lived and living experience of suicide.

#### **Collaboration**

By fostering collaboration, we strive to unite a variety of perspectives and expertise, amplifying our impact on global suicide prevention efforts.

#### **Prevention & Support**

Champion a proactive approach to suicide prevention and ensure that supportive information, resources and available support services are easily accessible to individuals worldwide irrespective of geographical locations or economics status.

#### **Principles & Human Rights**

Embracing the principles of human rights through safeguarding and promoting the fundamental rights of all individuals, fostering a world where dignity, equality, and respect are at the core of our efforts in suicide prevention.

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## Global Policy

### Partnerships for Life

IASP's Partnerships for Life (Pfl) initiative is aimed at promoting the development, implementation and evaluation of national suicide prevention strategies globally. It aligns closely with the World Health Organization (WHO) policy supporting countries of all income levels in developing national suicide prevention strategies that follow a public health model to address population- and individual-level risk factors. As of 2024, approximately 40 countries worldwide, the majority of which are upper-middle- and high-income countries, have adopted a national suicide prevention strategy.

An important activity within the initiative this year was the submission of an advocacy letter in January, which was signed by 128 leading experts from 30 countries and submitted to Canadian Prime Minister Justin Trudeau, relevant Ministers and all major political parties. The letter underscored the critical need for a coordinated cross-sectoral strategy, led at the federal level, that addressed the multifaceted challenges surrounding suicide prevention. It was endorsed by the Canadian Association for Suicide Prevention, Suicide Prevention Ottawa, and all members of the Association of Chairs of Psychiatry in Canada. In February, Partnerships for Life held its first Southeast Asian training workshop. The two-day workshop was attended by 20 attendees from nine countries: Bangladesh, Bhutan, India, Indonesia, Maldives, Nepal, Sri Lanka, Myanmar, and Australia. The workshop identified ten key regional priority areas, and participants agreed on drafting a joint commentary paper based on key country priorities and creating a joint SEAR situation analysis paper.

Partnerships for Life's global knowledge exchange activities expanded significantly in 2024. A comprehensive database of suicide prevention experts and stakeholders was developed, establishing contact with influential individuals across over 130 countries. Pre-conference workshops were held at both the IASP 11th Asia Pacific Conference in Bangkok and the 20th European Symposium on Suicide & Suicidal Behaviour (ESSSB20) in Rome. These workshops explored research priorities, implementation challenges, evaluation methodologies, and integration of lived experience in suicide prevention. The ESSSB20 session attracted 57 participants from 22 countries, while the APAC workshop engaged regional teams from the Western Pacific, Southeast Asia, and Eastern Mediterranean. Further, the Partnerships for Life webinar series fostered learning on best practices and effective interventions for implementing suicide prevention strategies and programs. A total of 6 webinars were held in 2024 on a diverse range of topics, from evaluations of national and regional strategies to country-specific experiences such as Iran, Sri Lanka, Jordan, Nigeria, and Mexico. The joint regional webinars engaged a global audience, with representation from six regions attended by colleagues from 77 countries. Read the full report [here](#).



## Decriminalisation of attempted suicide and suicidal behaviour

In May, IASP supported United for Global Mental Health, the Global Mental Health Action Network and others to organise a workshop with support from the Pan American Health Organisation (PAHO) and United Nations Development Programme (UNDP).

The ‘Workshop on Decriminalising Suicide in the Caribbean’ brought together mental health advocates, policymakers, and other key stakeholders from the Caribbean to address the pressing issue of the criminalisation of suicide.

Suicide still remains criminalised in Grenada, St. Lucia, the Bahamas, and Trinidad & Tobago through outdated legislation that prevents individuals from seeking help and support, as well as imposing barriers that restrict access to mental health services and help-seeking support.

The workshop was extremely fruitful, resulting in the formation of a new regional coalition focused on decriminalising suicide.

The Regional Coalition held its first in-person meeting, along with a workshop focused on building an advocacy roadmap for decriminalisation at the IASP Pan-American Conference in Minneapolis in November.

We look forward to supporting the development of this coalition in the future and seeing momentum grow within the region, as we have seen recently in other parts of the world.



## The World Health Assembly

The World Health Assembly (WHA) this year was held from 27th May to 1st June. IASP was delighted to engage with the 77th WHA by presenting constituency statements on key agenda items, advocating for the urgent need for comprehensive mental health services. IASP collaborated with other non-state actors to deliver a statement on the following 5 agenda items:

- 11.1 Universal Health Coverage
- 11.2 Follow-up to the political declaration on NCDs
- 13.4 Inter-governmental negotiating body on pandemic prevention, preparedness and response
- 15.4 Climate and Health, and
- 17 WHO draft fourteenth general programme of work.

For agenda item 11.1, member states were urged to adopt an equity and human rights-based approach by prioritising comprehensive primary health care, to be able to meet the targets for NCDs and mental health conditions. Similarly, the statement for agenda item 11.2 aimed to highlight the growing burden of NCDs and mental health conditions and urged member states to integrate NCDs into global health and development agendas. The remaining agenda item statements focused on strengthening the healthcare workforce, ensuring equitable health financing, integrating mental health within health services, and investing in resilient health systems.



## WHO Mental Health Forum 2024

The World Health Organisation (WHO) held its 2024 Mental Health Forum from October 9-10, marking the first in-person event since the COVID-19 pandemic. Bringing together over 30 member states, intergovernmental agencies, and non-state actors, the forum centred on the theme of integrating mental health, brain health, and substance use into the global health agenda. IASP, being in an official non-state actor relation with WHO, was pleased to engage in this world forum.

The two-day program agenda saw a combination of plenary sessions and breakout sessions, along with a meeting for non-state actors (NSAs), aimed at optimising the contributions of NSAs by sharing successful practices, addressing challenges, and fostering a deeper partnership in this specialised field. Under the theme “Global Mental Health in Motion: Looking Back, Looking Forward,” the forum celebrated achievements such as the WHO’s collaboration with UNICEF on child and adolescent mental health and launched The Lancet Psychiatry Commission on mental health in Ukraine.

The forum underscored the urgent need for multi-sectoral collaboration, spanning health, education, and policy, to address growing challenges in suicide prevention. Suicide prevention took centre stage with discussions addressing policy, youth mental health, mental health and psychosocial support structures, the role of social media and digital environments in mental health, the challenges of regulating online activities like gambling, and the importance of data collection and monitoring in suicide prevention efforts. IASP played an active role in advocating for a dynamic, proactive approach that brings together various stakeholders in mental health and suicide prevention.





## ➤ Communications; Global, Community, Training & Education

### ➔ World Suicide Prevention Day

World Suicide Prevention Day (WSPD) is an annual awareness and advocacy day established in 2003 by IASP in conjunction with the World Health Organisation (WHO). Every year is marked with a relevant theme that focuses attention on the problem of suicide and guides the events, discussions, and campaigns for collective action.

For 2024–2026, we invited members of the public to participate in a global consultation process towards identifying the new theme. Through this public consultation, the new triennial theme for World Suicide Prevention Day was finalised as “Changing the Narrative on Suicide” with an associated call to action “Start the Conversation”. This theme aimed to raise awareness about the importance of changing the narrative surrounding suicide and transforming how we perceive this complex issue. It also aimed to shift from a culture of silence and stigma to one of openness, understanding, and support.

Resources that communicated key messages around the theme were vital to achieving this year’s campaign objectives. Campaign assets, such as banners and Light a Candle materials, were made available in over 70 languages, alongside suggested social media posts, guides for activities, facts and statistics, and resources for supporting individuals experiencing suicidal thoughts. Outreach briefs remained central to the campaign, offering in-depth insights into specific areas of suicide prevention, including vulnerable groups, workplace settings, and more.

In terms of engagement, the campaign reached over 77 million people across social media this year. The global conversation extended beyond social media to reach a further 10 million people worldwide through news articles, blogs, podcasts, forums, videos and other websites. Over 71,000 people viewed the World Suicide Prevention Day and support pages on our website, and our WSPD resources were downloaded over 19,000 times worldwide. Read the full 2024 Impact Report [here](#).



## Launch of Lancet Public Health Series on ‘A Public Health Approach to Suicide Prevention’

On World Suicide Prevention Day this year, a special launch webinar was held to introduce a groundbreaking series aimed at reshaping how we understand and address suicide prevention globally. The launch of the Lancet Public Health Series on ‘A Public Health Approach to Suicide Prevention’ called for a shift in the narrative, emphasising the need to move beyond seeing suicide solely as a mental health issue and recognising the significant role that social factors play in suicidal behaviour. The series advocated for a “suicide prevention in all policies” approach, urging governments to recognise the role of different sectors (welfare, housing, financial sectors) in suicide prevention. It also called for cross-sectoral responsibility for suicide prevention, proposing that it should be overseen by specially appointed ministers, rather than just health ministers.



## Cycle Around the Globe

Cycle Around the Globe is an annual virtual event held from World Suicide Prevention Day (10 September) until World Mental Health Day (10 October), to raise awareness on suicide prevention worldwide. It is open for anyone, anywhere in the world, to participate by taking part in physical activity. By cycling and sharing their journey, participants contribute to changing the narrative on suicide, inspiring open conversations, and breaking down stigma.

In a remarkable show of solidarity and compassion, this year’s campaign united 4,143 participants from over 40 countries in joining together to change the narrative around suicide. Teams and individuals from across the world collectively walked, ran and cycled a staggering 517,845 kilometres – equivalent to circling the Earth more than 12.5 times.

By pedalling for this cause, participants sent a powerful message that our actions, no matter how big or small, may provide hope to those who may be struggling. While participation in Cycle Around the Globe is free to ensure inclusivity, over \$6,000 was raised this year for global suicide prevention efforts.

IASP is grateful to every participant, team, and supporter who took part in Cycle Around the Globe 2024 for their unwavering support.



## World Mental Health Day

The global theme for this year's World Mental Health Day was "It is Time to Prioritise Mental Health in the Workplace". The theme called on employers, governments, and individuals to take urgent action to address the mental health challenges faced by workers. It also served as a reminder that workplace mental health must be treated with the same priority as physical safety and that healthy and supportive work environments are essential for overall well-being.

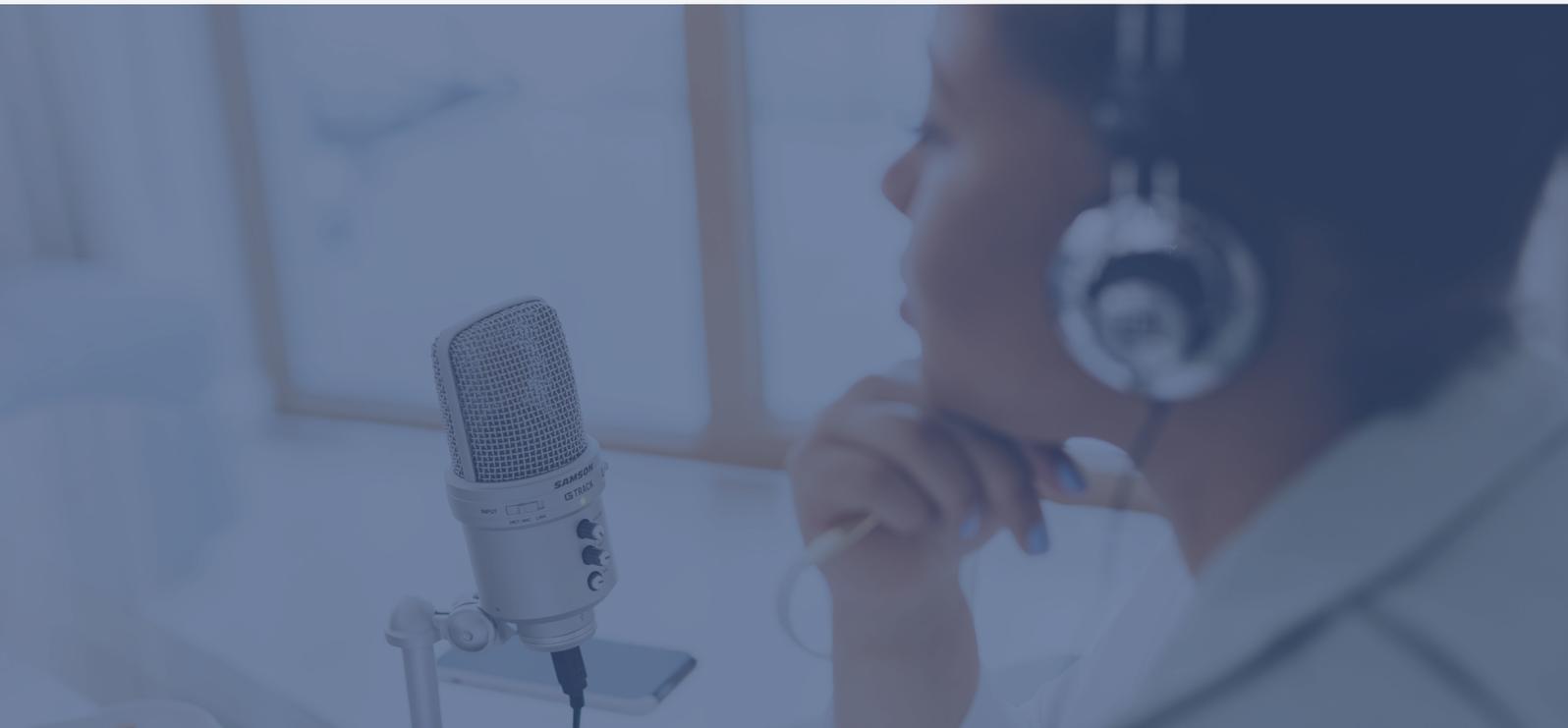
On this day, the IASP Special Interest Group on Suicide and the Workplace issued an open letter calling for urgent action from public health authorities, workplace health and safety regulators, trade unions, employers, suicide prevention associations, and other stakeholders to recognise, investigate, and prevent work-related suicides. The letter outlined a comprehensive strategy to prevent work-related suicides by advocating for five key actions.

1. Defining work-related suicides
2. Identifying and investigating them
3. Recording and monitoring
4. Regulating and controlling work-related suicide risk factors
5. Compensation for work-related suicides

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## IASP Reach in, Reach Out Podcast

The IASP 'Reach In, Reach Out' podcast series aims to encourage understanding around the complexities of suicide, reduce stigma surrounding the topic and spark meaningful conversations. This year, we released five episodes on various topics such as the social determinants of suicide, stigma, and means restriction. The podcast has had significant success so far, with 17 episodes downloaded more than 3500 times.





# ➤ Conferences & Congresses

## Australasian Research Workshop 2024

The IASP Australasian Research Workshop 2024 was held at The University of Auckland, New Zealand, from 15–16 February. This workshop was attended by 60 delegates (45 New Zealand and 15 international). During the two days of the workshop, a range of issues were discussed, including culturally responsive practices, co-design, big data and AI, social media, and suicide prevention in young migrants. The workshop gave attendees the opportunity to share their expertise, exchange knowledge and collaborate with peers in the field of suicide prevention. It also aimed to provide an opportunity for the attendees to discuss challenges faced in their research and collectively deliberate innovative solutions.

## 11th Asia Pacific Conference

The IASP Australasian Research Workshop 2024 was held at The University of Auckland, New Zealand, from 15–16 February. This workshop was attended by 60 delegates (45 New Zealand and 15 international). During the two days of the workshop, a range of issues were discussed, including culturally responsive practices, co-design, big data and AI, social media, and suicide prevention in young migrants. The workshop gave attendees the opportunity to share their expertise, exchange knowledge and collaborate with peers in the field of suicide prevention. It also aimed to provide an opportunity for the attendees to discuss challenges faced in their research and collectively deliberate innovative solutions.

## IASP Pan-American Conference

The IASP Pan-American Conference was held from 19–22 November 2024 in Minneapolis, USA. It aimed to provide an opportunity to convene stakeholders from across the Americas, building a platform for researchers, practitioners, and policymakers to share innovative and evidence-based approaches to suicide prevention. With a full conference program designed for multi-sectoral audiences, the event offered a platform for experts, researchers, policymakers, and practitioners to come together and exchange ideas, strategies, and solutions tailored to the diverse needs of the region. Some of the key themes within the conference were youth suicide prevention, online social media and messaging, crisis lines and support networks, lived experience, and culturally informed interventions.

## North American Research Workshop

This workshop was held from 2–3 May 2024 in Toronto, Canada. It aimed to foster collaborative relationships between researchers, clinicians and policymakers. Delegates were able to engage in an intimate setting to share their expertise, exchange knowledge and collaborate with peers in the field of suicide prevention.

# Membership and the CO Team

Our membership remains at the heart of IASP, shaping the organisation's vision and initiatives. In 2024, we welcomed 306 new members, further strengthening our diverse and global community. The dedication and expertise of our members continued to impact the growth of IASPs Special Interest Groups, which serve as important platforms for collaboration, knowledge exchange and innovation. Members also played a significant role in advancing key organisational initiatives throughout the year, including the impactful Partnerships for Life programme.

Year	Zone 1	Zone 2	Zone 3	Zone 4	Total
2024	668	81	73	11	833



## The Central Administrative Office

To support the growth in IASP's activities, the organisation continued to strengthen its internal capacity throughout the period. Staffing within the Central Office increased from 6.2 full-time equivalent positions to 7. By the close of 2024, 12 individuals supported the running of the Central Office. This team supports the delivery of IASP's work across key functions, including membership and events, communications, and programmes.

# Resources

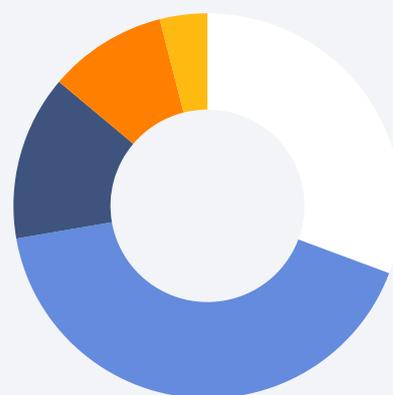
The Association is led by a global Board of experts (non-fee earning) located in 9 countries and democratically representative of the working membership located in over 65 nations. IASP is managed by a dedicated team (CO) located in 6 countries that incurs minimal office expenditure as they are located home-based or attached to a local institute.

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.

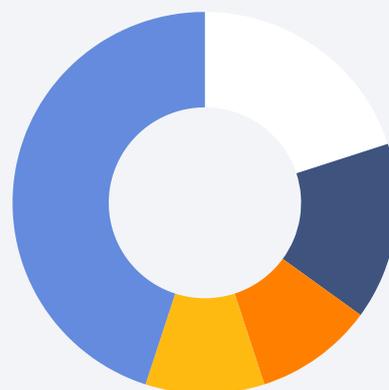
## Income

Conference Revenue 31%	Corporate 42%	Donations 14%
Membership Fees 10%	Other 4%	



## Expenditure

Conferences 30%	Programmes 46%	Fees 8%
Rent & Office 4%	Management 13%	



### 2024 Income

\$662,690.71

### 2024 Net Loss

(\$35,914.71)\*

\*due to capital investment in umbrella systematic review of National Strategies.

### 2024 Expenditure

\$698,605.42

### 2024 End of Year Assets

\$523,595.44

# ↘ Acknowledgements

Our Funders: Lundbeck, TikTok, Google, the Facebook community, Cycle Around the Globe participants, and other donations.

We are very grateful to partners and sponsors across our events in 2024, including LivingWorks, American Association of Suicidology, Standby Support After Suicide, Zero Suicide Initiative of Australasia, CASA — Clinical Advisory Services Aotearoa, Thailand Convention and Exhibition Bureau, US Suicide Prevention Resources Centre (SPRC), Ohio Suicide Prevention Foundation, American Foundation for Suicide Prevention, and Reflex AI.

Our Pro-Bono Consultants, our 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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