It takes work to prevent suicide. The positive benefits of this work are infinite and sustainable and can have a massive impact. The work can affect not only those in distress but also their loved ones, those working in the area and also society as a whole. We must endeavour to develop evidence-based suicide prevention activities that reach those who are struggling in every part of the world.

Joining together is critical to preventing suicide. Preventing suicide requires the efforts of many. It takes family, friends, co-workers, community members, educators, religious leaders, healthcare professionals, political officials and governments. Suicide prevention requires integrative strategies that encompass work at the individual, systems and community level. Research suggests that suicide prevention efforts will be much more effective if they span multiple levels and incorporate multiple interventions. This requires the involvement of interventions that occur in communities and involve social and policy reforms, as well as interventions that are delivered directly to individuals. To reach our common goal in preventing suicidal behaviour we as the public, we as organisations, we as legislators and we as members of society must work collaboratively, in a coordinated fashion, using a multidisciplinary approach.

Everyone can make a contribution in preventing suicide. Suicidal behaviour is universal, knows no boundaries so it affects everyone. The millions of people affected each year by suicidal behaviour have exclusive insight and unique voices. Their experiences are invaluable for informing suicide prevention measures and influencing the provision of supports for suicidal people and those around them. The involvement of people with lived experience of suicide in research, evaluation and intervention should be central to the work of every organisation addressing suicidal behaviour.

This is the second year that the WSPD theme is “Working Together to Prevent Suicide.” This theme will also be used for WSPD 2020.

We have chosen this theme as it highlights the most essential ingredient for effective global suicide prevention—collaboration. We all have a role to play and together we can collectively address the challenges presented by suicidal behaviour in society today.

On September 10th, join with us and many others across the world who are playing their part in the prevention of suicide. Be sure to involve or invite other local organisations and collaborators to organise an event to mark WSPD 2019.

Ways to take part in WSPD 2019

This Tuesday September 10th, join with us and many others across the world who are playing their part in the prevention of suicide. To optimise your activities be sure to involve or invite other local organisations and collaborators to organise an event to mark WSPD 2019.

International Association for Suicide Prevention
World Suicide Prevention Day
Cycle Around the Globe

Show your support by taking part in the annual IASP Cycle Around the Globe, in which we encourage our valiant participants to collectively cycle the globe! Participants can take part in groups, individually, at home, in the gym or anywhere! Please see https://bit.ly/2UmCVbH for more information.

Join us on social media

Connect with us on Facebook (facebook.com/IASPinfo) Twitter (twitter.com/IASP.info) and YouTube (https://bit.ly/2HuJWUg) to share your support of WSPD 2019. #wspd #suicideprevention #suicide

You can also take part in our Light a Candle event in which we invite participants to Light a Candle near a window at 8pm on WSPD as a symbol of support for suicide prevention, and for many it is a means of remembering a loved one. For more information, please visit: https://bit.ly/2Uj8PWC

Download our WSPD materials

Find WSPD Resources relating to the theme of Working Together to Prevent Suicide: https://bit.ly/2TAwUev
Find and share our WSPD Imagery available on our resources page at: https://bit.ly/2IVkQAr

Find out more at: https://www.iasp.info/wspd2019/

IASP is a Non-Governmental Organization concerned with suicide prevention, and dedicated to: preventing suicidal behaviour; alleviating its effects, and providing a forum for academics, mental health professionals, crisis workers, volunteers and suicide survivors.

“We, as members of the International Association for Suicide Prevention (IASP), have taken it upon ourselves to alleviate this human burden. What an enormous privilege; but also, what an enormous responsibility.”