



# World Suicide Prevention Day

## IDEAS FOR ACTION

### 10th September

The impacts of suicide are immediate, far-reaching and long-lasting. They are felt by families, friends, work colleagues and the broader community. [World Suicide Prevention Day](#) helps create greater awareness of suicide and suicide prevention, change the way suicide is understood and discussed in the community, and connects people to support services.

The theme '**Creating Hope Through Action**' reminds us that through action, we can make a difference to those experiencing a suicidal crisis or those bereaved by suicide. This factsheet offers tips on how to take action to help prevent suicide, such as learning about effective suicide prevention, sharing stories of hope, and empowering everyone to be there for those in distress.

## ENCOURAGE HELP SEEKING

Spread the word about these 24/7 crisis services:

### [Lifeline](#) **13 11 14**

Provides telephone and online counselling to people who are emotionally distressed, experiencing a crisis or feeling suicidal.

### [Suicide Call Back Service](#) **1300 659 467**

Provides telephone and online counselling to people who are feeling suicidal, are worried about someone else, or have a client they are worried about.

## LEARN FROM LIVED EXPERIENCE

This year Beyond Blue is sharing the powerful voices of eight people who have experienced suicidal thoughts or a suicide attempt to help people understand what they went through, what helped them and what you can do support someone in their situation. [Watch everyone's story](#)

## GIVE SOMEONE HOPE BY SHOWING THAT YOU CARE

All of us can play a role, no matter how small, in giving someone hope. You do not need to tell them what to do or have solutions. Simply making the time and space to listen to someone about their experiences of distress or suicidal thoughts can help and create a sense of connection and hope in somebody who may be struggling.

## TALK SAFELY ABOUT SUICIDE

The [Conversations Matter](#) website has a range of practical resources for individuals, families, community groups, workplaces and educational settings to support safe and effective community discussions about suicide.

- Conversations Matter [When holding group discussions about suicide prevention](#)
- Conversations Matter [To those bereaved by suicide](#)
- Conversations Matter [When communities are affected by suicide](#)
- Conversations Matter [When someone is thinking about suicide](#)

## LIGHT A CANDLE

*Light a Candle* is an act of support for suicide prevention, to remember a lost loved one, and for the survivors of suicide. Individuals from all over the world light a candle at 8pm on 10th September.

## BUILD YOUR CONFIDENCE AND SKILLS

[QPR training](#) will give you the knowledge and skills to identify warning signs that someone may be suicidal, and the confidence to talk to them about suicidal thoughts and connect them with supports. [Lifeline Skills-for-Life Training](#) will give you skills and tools to be able to support someone in crisis or distress and link them to appropriate help.

## KNOW WHAT SUPPORTS AND RESOURCES ARE AVAILABLE

Go to the [Suicide Prevention Central Coast](#) website to find available supports and resources.

## EMBRACE SELF-CARE

Self-care refers to activities that preserve and maintain one's physical, emotional and mental health. It is an ongoing commitment to look after yourself. There are many ways to do this and self-care is something that can be personalised for every individual. Find a range of self-care ideas below.

[Beyond Blue](#)

[EveryMind](#)

[Life in Mind](#)

[ReachOut](#)

## ORGANISE A SAFE COMMUNITY EVENT

Plan your own event for World Suicide Prevention Day using the [World Suicide Prevention Day Awareness Event Host Guide](#). Developed by Roses in the Ocean, Australian Institute for Suicide Research and Prevention and the Queensland Mental Health Commission, it outlines the planning, preparation, readiness and capacity required to host a safe suicide prevention awareness event.

## KEEP UP-TO-DATE

[Subscribe](#) to the Good Mental Health eNewsletter produced monthly by the Central Coast Mental Health Service. It has information about projects, events, support services, websites and helplines relating to mental health and suicide prevention that are relevant to the Central Coast community.

## SHARE RESOURCES

The [Beyond Blue resource library](#) has downloadable fact sheets, booklets and other resources to support everyone in Australia to achieve their best possible mental health. This includes:

[Finding your way back](#) - A resource for people who have attempted suicide

[Guiding their way back](#) - A resource for people who are supporting someone after a suicide attempt

[Finding our way back](#) – a resource for Aboriginal and Torres Strait Islander peoples after a suicide attempt

## INFORM THE MEDIA

Media play an important role in suicide prevention. Share the [Mindframe](#) national guidelines with print, online, radio, and television media contacts. [Mindframe](#) supports safe media reporting, portrayal and communication about suicide, mental ill-health, alcohol and other drugs.

## SPREAD THE WORD

Share this factsheet with your email networks, work colleagues, clients, family and friends.

Share it on social media using the official hashtags and the suggested social media post:

**#WorldSuicidePreventionDay**

**#WSPD**

**#bethelight**

**#WSPD2021**

*'Looking for ways to be involved with #WorldSuicidePreventionDay on 10<sup>th</sup> September?  
This two-page resource can help anyone, anywhere get involved!'*