



World Suicide Prevention Day

Changing the Narrative

10th September 2024



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Disclaimer: This document contains information, advice and guidance on the topic of suicide. World Suicide Prevention Day is 10 September. It is a global movement focusing on raising awareness of suicide, reducing stigma, and encouraging strategies and actions to prevent suicide

Suicide Awareness

Suicide remains a critical global issue that impacts communities around the world. In the UK, between February 2023 and April 2024, there were 5,285 deaths by suicide.

- 3,907 **(73.9%)** of the deaths were males and 1,378 **(26.1%)** of the death females
- 527 **(10.0%)** were in people aged 10 to 24, 1,986 **(37.6%)** in people aged 25 to 44, 2,017 **(38.2%)** in people aged 45 to 64, and 755 **(14.3%)** in people aged 65 and over

Samaritans recently did a poll that found that only 45% of people feel comfortable talking to family and friends about suicidal thoughts, compared to 74% who said they feel comfortable talking about mental health.

Risk Factors

Simply put, a risk factor is something that increases an individual’s vulnerability to having suicidal thoughts and/or acting on them.

Level	Explanation	Examples of associated risk
Individual	Biological factors or an individual’s personal history, that increase the likelihood of thinking about or attempting suicide	<ul style="list-style-type: none">• family history of suicide• Job or financial loss• Mental illness or disorders• Substance use
Relationship	The nature of an individual’s interpersonal relationships with family and friends	<ul style="list-style-type: none">• Social isolation or lack of social support• Relationship conflict or loss
Community	Social settings such as schools, workplaces, and neighbourhoods that might contribute to suicidal thoughts or actions	<ul style="list-style-type: none">• Discrimination Disaster, war, ethnic conflict, etc
Society	Societal factors that put people at risk of suicide, such as policies that help to maintain economic or social inequalities between groups	<ul style="list-style-type: none">• Access to means such as guns or pesticides• Inappropriate media reporting• Stigma associated with help-seeking behaviour• Institutional marginalisation and exclusion
System	The inaccessibility of healthcare systems puts people at a higher suicide risk	<ul style="list-style-type: none">• Barriers to accessing healthcare

None of the levels are mutually exclusive, and often they interact with and influence each other.

Changing the Narrative

The theme for this year's World Suicide Prevention Day is changing the narrative.

The aim of the theme is to raise awareness about the importance of changing the narrative surrounding suicide and transforming how we perceive this complex issue. Changing the narrative requires systemic change. It's about shifting from a culture of silence and stigma to one of openness, understanding, and support. It means advocating for policies and legislation that prioritize mental health, increase access to care, and provide support for those in need.



Support for those considering Suicide

Maybe you can't quite put your finger on it, but you're not feeling okay.

You might be feeling tired more often, be feeling emotional, and you might not want to do the things that you usually enjoy right now.

You can get support for this via the following links.

[Signs you may be struggling to cope | Samaritans](#)

[Papyrus UK Suicide Prevention | Prevention of Young Suicide \(papyrus-uk.org\)](#)

Support for those bereaved by Suicide

If you have been affected by suicide, you can get support via the following links.

[Support after suicide | If U Care Share](#)

[Support After Suicide](#)

