

Annual Report 2023



IASP

CONTENTS

Facts and Figures	3
Voice of the President	4
Global Policy	5
▶ Decriminalisation of attempted suicide and suicidal behaviour	5
▶ Partnerships for Life	6
Communications; Global, Community, Training and Education	7
▶ World Suicide Prevention Day	8
▶ World Mental Health Day	8
▶ Cycle Around the Globe	8
Conferences and Congresses	9
▶ Australasian Research Workshop 2023	9
▶ IASP 32nd World Congress	9
Community Action	10
MENTUPP	10
Special Interest Groups and Early Career Group	11
Membership and the CAO Team	12
IASP Elections	12
The Central Administrative Office	12
Resources	13
Acknowledgements	14

FACTS AND FIGURES

Suicide and suicide attempts remain illegal in at least 23 countries worldwide.

Subpopulations particularly affected by suicide include; Indigenous peoples, members of LGBTQI+ communities, persons who are incarcerated or in jail, refugees and migrants.

Reducing the global suicide rate by one-third by 2030 is a target of both the United Nations Sustainable Development Goals (SDGs) and the World Health Organization (WHO) Comprehensive Mental Health Action Plan (4, 5). Urgent action is needed to meet the 2030 goal.

One in every 100 deaths globally is by suicide. Each year more than 700,000 people take their own life.

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

Dr Jarbas Barbosa —
PAHO Director
“Every suicide is a tragedy that impacts not only families but communities also.”



VOICE OF THE PRESIDENT



Professor Rory O'Connor IASP President

The International Association for Suicide Prevention (IASP) has had an impactful year, driven by the dedication and collaboration of our global community.

This year, we achieved significant milestones. Through our Partnerships for Life program, we strengthened efforts toward the development of national suicide prevention strategies and contributed to influential policy documents. While energized by these achievements, we recognize the challenges ahead and remain steadfast in our commitment to evidence-based actions and collaborative solutions to save lives. To achieve this, we continue to rely on your invaluable support. Our World Suicide Prevention Day campaign was a resounding success. World Suicide Prevention Day has become a cornerstone in the global fight against suicide, and our recently launched WSPD 2023 Impact Report highlights the extraordinary reach of this year's campaign. For example, WSPD 2023 reached over 101 million people through social media and more than 16 million through other platforms.

The Cycle Around the Globe initiative also saw over 5,000 participants from 45 countries logging an incredible 275,335 kilometres—more than six times the Earth's circumference!

The Reach In, Reach Out podcast continues to address critical topics, including the decriminalisation of suicide, with insights from global experts. The 32nd IASP World Congress in Piran, Slovenia, welcomed over 780 delegates from more than 80 countries, fostering meaningful dialogue and collaboration.

Finally, I want to extend my heartfelt gratitude to every IASP member, staff member, and supporter for your unwavering dedication over the past year. Your contributions are the driving force behind our collective impact, and we look forward to continuing this vital work together in 2024 and beyond.

GLOBAL POLICY

The International Association for Suicide Prevention (IASP) continues to play a central and strategic role in advancing global suicide prevention efforts serving as an effective platform for the promotion, implementation, and evaluation of evidence-based suicide prevention activities worldwide.

IASP's engagement in global forums has reinforced the critical importance of suicide prevention in achieving the Sustainable Development Goals (SDGs). This work is particularly vital in low- and middle-income countries, where access to support remains limited, stigma around mental health and suicide is pervasive, and a lack of data and evidence-based approaches challenges efforts to identify and implement effective prevention strategies. Through targeted initiatives and partnerships, IASP has continued to address these barriers, driving progress in the global effort to reduce suicide and its impact.



Decriminalisation of attempted suicide and suicidal behaviour

In 2023, Malaysia joined countries like Guyana and Ghana in decriminalising suicidal behaviour—a significant milestone in the global mission to prevent suicide and eliminate barriers to accessing care and support.

IASP has been at the forefront of global efforts to advocate for the decriminalisation of suicide, working closely with the Global Mental Health Action Network and supporting campaigns worldwide. Through collaboration with individuals, organisations, researchers, health professionals, and policymakers, IASP has fostered a united front to drive meaningful change and reduce stigma, ensuring that those in crisis can seek help without fear of legal consequences.

The World Health Assembly

At the end of May, the seventy-sixth World Health Assembly took place under the theme “Saving lives, driving health for all”. While IASP did not take part in the Assembly this year, we were encouraged to see member states agreeing to adopt a global framework on mental health as well as taking positive steps toward addressing environmental determinants and continuing efforts in preventing suicide-related deaths from highly hazardous pesticides.

In 2023, Partnerships for Life (P4L) continued its mission to enhance global suicide prevention knowledge and support the development of evidence-informed strategies across six world regions. Regional coordinators and leadership teams played a pivotal role in achieving significant progress.

- Americas (35 countries): Led by Professor Mark Sinyor, P4L established contacts in 15 countries across South, Central, and North America. Regional awareness-raising workshops were held in April in both English and Spanish, equipping participants with knowledge and strategies for suicide prevention.
- Europe (53 countries): Professors Thomas Niederkrotenthaler and Steve Platt led the region's efforts, organising two online workshops that engaged 16 countries. These workshops promoted peer-to-peer learning, addressed barriers to progress, and encouraged mentorship among nations at different stages of strategy development.
- Africa (47 countries): Under the leadership of Professor Joseph Osafo, P4L formed a regional leadership team supported by a research assistant. Ghana and Cameroon were highlighted as examples of progress, each establishing new suicide prevention associations to drive local action.
- Eastern Mediterranean (22 countries): Professors Murad Khan and Mohsen Rezaeian deepened engagement with eight countries and advanced plans for sub-regional webinars. A significant milestone was the decriminalisation of suicide in Pakistan, marking a critical step towards reducing stigma and improving mental health responses in the region.
- South East Asia (12 countries): Led by Professor Lakshmi Vijayakumar, P4L made contact with stakeholders in 11 countries. Indonesia launched its first suicide prevention organisation, and India published a comprehensive national suicide prevention strategy, reflecting growing regional momentum.
- Western Pacific (27 countries): Under Professors Paul Yip and Dr. Greg Armstrong, P4L established contacts in 12 southern countries and laid the groundwork for a series of regional workshops. A leadership team is now in place to drive action in the northern sub-region.

The Steering Group, chaired by Professor Steve Platt, held quarterly meetings, with additional interim meetings in individual regions and finalised a global strategy, regional action plans, and standardised templates for situation analyses, providing a consistent framework for progress. The year concluded with a prominent Partnerships for Life presence at the IASP World Congress in Piran, Slovenia, in September 2023.

Looking ahead, Partnerships for Life is poised to build on its 2023 achievements and further strengthen global suicide prevention efforts in 2024.



COMMUNICATIONS; GLOBAL, COMMUNITY, TRAINING AND EDUCATION

World Suicide Prevention Day

This was the last year for the triennial theme 'Create Hope Through Action'. The theme aimed to draw attention to this important public health issue globally and to disseminate the message that suicides are preventable. By encouraging understanding, reaching in and sharing experiences, this theme hoped to give people the confidence to take action. It also highlighted the fact that there is an alternative to suicide and aims to inspire confidence and light in all of us. In 2023, the World Suicide Prevention Day animated awareness film was developed in English, Spanish, Arabic, Chinese, Portuguese, French, Italian and Ukrainian languages.

The translation and dissemination of the film aimed to expand its reach globally and encompassed the overarching messages behind the theme and our call to action "Be the light". Through the WSPD 2023 campaign, over 101 million people were reached through social media and over 16 million were reached through non-social platforms. To mark 20 years of WSPD, we also undertook a '20 Days of Hope' campaign to raise funds to support 20 more years of vital suicide prevention awareness. This was a great opportunity for us to recognise the extent to which WSPD has grown since it was launched by our then President, Professor Diego De Leo, in 2003.

Reach In, Reach Out

IASP started the podcast series 'Reach In, Reach Out' in August 2022 aiming to encourage understanding around the complexities of suicide, reduce stigma surrounding the topic and spark meaningful conversations. In 2023, the podcast covered a range of topics such as domestic violence, workplace suicide prevention, postvention, and decriminalisation of suicide. From January 2023 to December 2023, the 12 podcast episodes were downloaded 2027 times.



World Mental Health Day

"Mental health is a universal human right".

With the World Health Organisation (WHO)'s estimates of 1 in every 8 people living with a mental disorder, the theme for 2023 rightly reflected the need to encourage action to promote and protect mental health for everyone, everywhere. Mental health is a basic human right and we must recognise the right of everyone to receive the highest attainable standard of physical and mental health. The day provided a platform to call for action to ensure that the rights of everyone to receive the highest attainable standard of physical and mental health are honoured. This message was reflected in the launch of the World Health Organization and the Office of the High Commissioner for Human Rights' new guidance to improve laws addressing human rights abuses in mental health care.

This World Mental Health Day, IASP urged for:

- The decriminalisation of suicide in countries where it remains criminalised.
- The development and implementation of comprehensive national suicide prevention strategies with a focus on groups and individuals at an increased risk of suicide.
- Integration of suicide prevention services within mental health care.
- Engaging with lived experience at all levels.
- Integration of suicide indicators into routine health information systems.

COMMUNICATIONS; GLOBAL, COMMUNITY, TRAINING AND EDUCATION



Cycle Around the Globe

The International Association for Suicide Prevention’s annual virtual cycling event, Cycle Around the Globe, was successful in 2023 for the tenth year running, bringing together participants from all corners of the world in a shared mission to raise awareness of suicide prevention. The event was hosted virtually, enabling participants to walk, run and cycle from anywhere in the world. The 2023 event saw an incredible surge in participation, with over 5,000 participants from over 45 countries coming together to break the stigma surrounding suicide. Teams and individuals from across the globe joined the month-long event, from World Suicide Prevention Day until World Mental Health Day, logging a phenomenal 275,335 kilometers — A distance equivalent to over 6 times around the globe!

The event’s primary goal was to raise awareness of suicide prevention. By pedalling for this cause, participants sent a powerful message that mental health matters and that there is a supportive community ready to listen and help

Over 60 teams took on the challenge globally this year, including, Vilnius Sveikau, LivingWorks, Entrust, Dallas College, TPO Nepal, and Deltatre, alongside returning teams, Pirae Cyclisme, GoPro Employees for a Cause, the CCC Foundation, Teléfono de la Esperanza, Univerza na Primorskem, Inštitut Andrej Marušič and Verizon. Teams encompassed those working across the mental health space, as well as several employee volunteer programs and CSR initiatives.

IASP is grateful to everyone who has taken part in Cycle Around the Globe 2023 for their support and for helping to prevent suicide. The event’s success sends a message of hope, showing that people from all walks of life can come together, make a difference, and change the narrative around suicide to create a more compassionate world.



CCC Foundation



Laura Pellegrino



Rando Cyclo SOS Suicide



TPO Nepal



Teléfono de la Esperanza



CONFERENCES AND CONGRESSES

Australasian Research Workshop 2023

The IASP Australasian Research Workshop 2023, kindly sponsored by Orygen, was held from 8 to 9 February at Orygen Parkville, Australia. The event aimed to develop collaboration among experts, industry leaders, and early career researchers (ECRs). Featuring guest speaker Dr Mark Sinyor, the workshop also aimed to discuss the challenges faced in suicide prevention and encourage conversations around the topic. The two-day event saw the participation of 63 participants working in different sectors of suicide prevention, including academics, clinicians, helpline service providers, and early career researchers.

32nd World Congress, Piran

The IASP 32nd World Congress was held in person in Piran, Slovenia from 19-23 September with over 780 delegates from more than 80 countries. We were honoured that the congress was held under the honorary patronage of the President of the Republic of Slovenia Dr Nataša Pirc Musar. The traditional biennial IASP World Congress was an opportunity to engage with a diverse community of academics, researchers, clinicians, crisis workers, lived experience, volunteers and all associated with suicide prevention or working within suicide prevention-related topics. It represented a rich platform for spreading knowledge and sharing local, national and international strategies for suicide prevention.

Over four days, the conference program featured several programs, including pre-conference workshops, wellbeing events, plenaries, panel discussions, special lectures, oral presentations, and community events. The Pecha Kucha event, sponsored by The American Association for Suicide Prevention (AAS), challenged researchers to present their work in a new and engaging way and provided an opportunity to network with fellow ECRs and Senior Researchers in the field.

Compelling keynote presentations were given by renowned suicidologists, Professor Ann John, alongside Professor Robert Neimeyer and Dr Sheldon Solomon, followed by plenary sessions from Professors Diego De Leo, Marco Sarchiapone, Brian Mishara, Matthew Spittal, David Mcdaid and Saska Roskar, alongside Drs; Steven Stack and Louise La Sala.

The Great Debate on the final day of the conference brought together two engaging and spirited teams to argue the place of gender in suicide research, artfully led by the charismatic host, Dr Zac Seidler.

Overall, the IASP World Congress was a multi-sectorial event highlighting multi-disciplinary approaches to preventing suicide in all its complexity.



MENTUPP

Overview

The "Mental Health Promotion and Intervention in Occupational Settings" (MENTUPP) project has made significant strides in its final year towards fostering a culture of mental health in workplace settings.

Key Activities and Achievements

- **1. Cluster Randomised Controlled Trial (cRCT):**
 - The pivotal activity in the final year was the Cluster Randomised Controlled Trial (cRCT), which tested the MENTUPP Hub in small to medium-sized enterprises (SMEs) within the construction, healthcare, and ICT sectors. This trial spanned eight European countries and Australia, evaluating the intervention's effectiveness in real-world settings.
- **2. MENTUPP Hub Optimisation:**
 - The optimisation of the MENTUPP Hub, a multi-level intervention accessible via an online platform providing interactive psychoeducational materials and resources for employees, supervisors, and managers. It addresses both non-clinical mental health conditions—such as stress, burnout, depressive and anxiety symptoms—and clinical depression and anxiety, while also aiming to reduce associated stigma.
- **3. Collaborative Efforts:**
 - The MENTUPP Consortium, an international collaboration of experts, has been instrumental in the project's development and implementation. This consortium has ensured that the intervention was evidence-based and tailored to the needs of SMEs across different sectors and countries.
- **4. Policy Briefs and Recommendations:**
 - Two policy briefs were produced, offering timely and relevant recommendations to improve workplace mental health across Europe and Australia. These briefs are based on findings from the MENTUPP project and aim to influence policy at various levels.
- **5. Workshops and Conferences:**
 - A collaborative workshop with [IOSH](#) on World Mental Health Day 2023 showcased the project, its key outputs, and discussed the main barriers and facilitators to developing and implementing mental health interventions in workplaces.
 - The MENTUPP final conference held in December summarized the key findings and outcomes of the project. This event was crucial in presenting the optimized MENTUPP Hub to key stakeholders, highlighting the project's impact and potential for broader implementation.

Future Direction

The MENTUPP Hub will soon be available for ongoing use, so please check the [MENTUPP website](#) for upcoming updates. Building on the success of MENTUPP, the [PROSPERH project](#) commenced in January 2024. This new EU-funded initiative aims to extend MENTUPP's efforts in enhancing workplace mental health, with an added focus on physical health.



SPECIAL INTEREST GROUPS & EARLY CAREER GROUP

Special Interest Groups

IASP saw the the launch of the Education and Training in Suicide Prevention Special Interest Group in 2023, with the aim of supporting the development of high-quality education in suicide prevention around the world. The Education and Training in Suicide Prevention SIG will contribute to identifying both achievements and knowledge gaps, progressing development, evaluation, research, prevention, and policy priorities in this crucial area. The SIG members will collaborate to develop research projects and actions in the education of suicide prevention and to access funding necessary for the adequate education of future generations equipping them with coping skills to tackle life trauma and increasing chances for post-traumatic growth of individuals, organisations, associations, and communities.



Early Career Group

The Early Career Group has continued to foster connections between existing and new members of the association in 2023. The Group's activities have flourished, playing key roles in the 32nd World Congress in Piran highlighted by the ongoing success of the well sought after Pecha Kucha event. First introduced at the IASP 10th Asia Pacific Conference, this event showcases creative and dynamic ways to present studies and research, providing an engaging platform for early career researchers to share their work and develop their professional skills.



MEMBERSHIP AND THE CAO TEAM

Our membership remains at the heart of IASP, driving the organisation's vision and initiatives. In 2023, we welcomed 170 new members, further strengthening our global community. The energy and commitment of our members have been instrumental in the continued growth of Special Interest Groups, which serve as hubs for collaboration and innovation. Additionally, our members have played a vital role in advancing organisational initiatives, including the impactful Partnerships for Life programme.

IASP Elections

The Elections process for th which opened in August 2022 and was finalised at the end of the year saw the re-election of Jo Robinson, Chang Lai Fong and Maurizio Pompili for further two years. The next election process takes place from October 2024.

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 remained consistent through 2023 at 6.2 full time equivalent staff and had 13 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	321	38	28	1
Organisation	67	11	5	-
Advanced Organisation	11	2	-	-
Student	40	2	3	-
Volunteer	2	-	-	-
Retiree	12	-	-	-
Associate	2	2	13	-
Associate Organisation	1	2	4	2
Honorary	1	-	-	-



RESOURCES

The Association was led by a global Board of experts (non-fee earning) located in 11 countries and democratically representative of the working membership located in over 65 nations. IASP is managed by a dedicated team (CAO) located in 10 countries that incurs minimal office expenditure as they are located home based or attached to a local institute.



2023 INCOME

\$642,159

2023 INVESTMENT FROM ACCOUNT

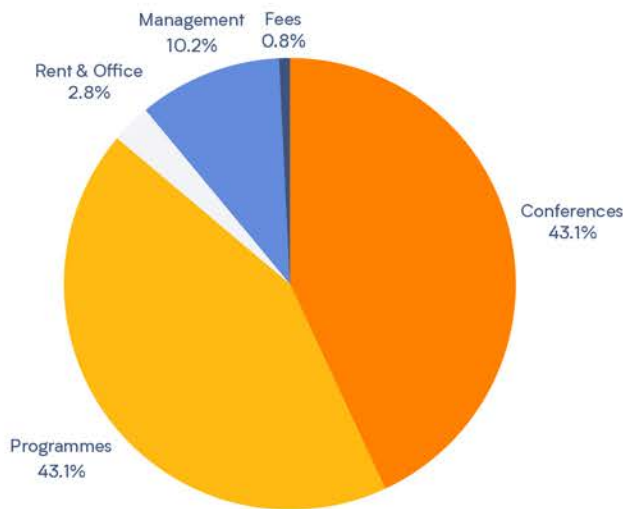
\$224,000

2023 EXPENDITURE

\$862,217

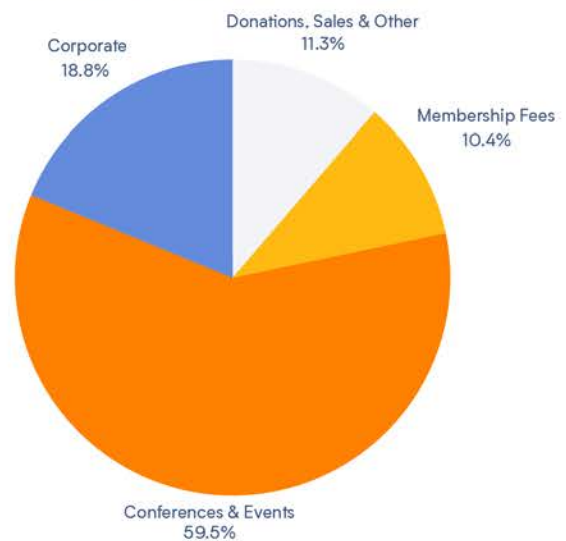
2023 ASSETS

\$539,030



EXPENDITURE

INCOME



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.

Investment on Account: 2023 saw the final investment of the 2021 World Congress and the 2022 Asia Pacific Conference (APAC) revenue. Also included was the final year of funding of MENTUPP due post project in 2024 and investment into the 2024 APAC.



ACKNOWLEDGEMENTS



Our funders

Lundbeck, TikTok, the Facebook community, Cycle Around the Globe participants and other donations. The MENTUPP Project received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement 848137.



Sponsors of the IASP 32nd World Congress.

American Association of Suicidology, LivingWorks, Lifeline International, SDP Inc, Movember, Zero Suicide Institute of Australasia, Roses in the Ocean, Suicide Prevention Australia, Slovene Centre for Suicide Research, De Leo Fund.



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 ten geographical locations.





Contact us



<https://www.iasp.info/contact>



www.iasp.info



The International Association
for Suicide Prevention,
6218 Georgia Avenue NW Suite,
#1 PMB 3024,
Washington DC,
20011, USA



www.iasp.info



EIN 20-4701041



@IASPinfo