

WORLD SUICIDE PREVENTION DAY

SUGGESTED ACTIVITIES

World Suicide Prevention Day (WSPD), on September 10th, is an opportunity for all sectors in our communities including organisations, researchers, clinicians, practitioners, politicians and policymakers, volunteers, those bereaved by suicide, those with lived experience and individuals to start the conversation on suicide prevention.

While it is crucial to discuss suicide prevention year-round, WSPD should be recognised as a single day offering the opportunity to highlight the issue and acknowledge our efforts to prevent suicide and honour loved ones in a specific and meaningful way.

Planning events with clear objectives and a thoughtful approach can significantly enhance their positive impact. The following activities are designed to promote understanding about suicide and highlight effective prevention activities:

Awareness and Advocacy:

- ▶ Launching new initiatives, policies, and strategies on World Suicide Prevention Day to address suicide prevention comprehensively.
- ▶ Writing articles for national, regional, and community newspapers, blogs, and magazines, with links on where to seek help if needed. Ensure that these articles are well-researched, and use appropriate and sensitive language.
- ▶ Placing information on your website and using the IASP [World Suicide Prevention Day banner](#) (in varying languages), promoting suicide prevention and ensuring accessibility for all.
- ▶ Securing interviews and speaking spots on radio and television, featuring voices from different sectors of the community, including those affected by suicide.

Community Engagement:

- ▶ Holding conferences, open days, educational seminars, or public lectures and panels to educate and engage the community. Ensure these events have clear objectives and provide referral pathways for those in need.
- ▶ Organising memorial services, events, candlelight ceremonies, or walks to remember those who have died by suicide and to provide support for their loved ones. Plan these events with sensitivity and appropriate messaging. See the IASP [Light a Candle](#) page for further ideas.
- ▶ Organising cultural or spiritual events, fairs, or exhibitions that promote mental health and well-being, respecting and including different cultural and spiritual practices.
- ▶ Holding concerts, BBQs, breakfasts, luncheons, contests, and fairs in public places to engage the community and promote mental well-being. Ensure these events have a clear focus on suicide prevention and mental health.

Political and Policy Engagement:

- ▶ Asking national politicians with responsibility for health, public health, mental health, or suicide prevention to make relevant announcements, release policies, or make supportive statements or press releases on WSPD, ensuring these reflect the needs and perspectives of all community members.

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Educational Initiatives:

- ▶ Holding depression awareness events in public places and offering screening for depression. Ensure that these events are conducted by trained professionals and include clear referral pathways for those identified as needing help.
- ▶ Host or access training opportunities in suicide prevention and awareness to identify and support those with suicidal thoughts and behaviour. Opportunities maybe available locally through workshops, online or in your workplace.
- ▶ Organising book launches, or launches for new booklets, guides, or pamphlets on suicide prevention and mental health. Ensure the materials are accurate and provide helpful information.

Research and Dissemination:

- ▶ Disseminating research findings through various platforms to inform the public and stakeholders about the latest in suicide prevention research. Ensure the information is accessible and understandable.
- ▶ Producing press releases for new research papers and findings, highlighting inclusive and multidisciplinary approaches.

Symbolic Actions:

- ▶ Lighting a candle near a window at 8PM in support of World Suicide Prevention Day, suicide prevention and awareness, survivors of suicide, and in memory of loved ones lost to suicide. Find Light a Candle postcards in various languages [here](#).

Submit a listing of your World Suicide Prevention Day event or activities to share with the broader community and encourage participation.

By pursuing an activity over World Suicide Prevention Day, individuals and organisations can contribute to the global effort to reduce the stigma around suicide, and support those affected by suicide. Careful planning and appropriate messaging are essential to ensure these events have a positive and meaningful impact.

