

## World Suicide Prevention Day

*'Creating Hope through Action'*

10<sup>th</sup> September 2023

World Suicide Prevention Day aims to start the conversation about suicide and to show that recovery is possible.

The latest suicides statistics showed that in 2018, in the UK and Republic of Ireland, more than 6,800 people died by suicide. Every life lost to suicide is a tragedy - and we know that suicide is preventable, it's not inevitable ([www.samaritans.org](http://www.samaritans.org)).

### Apps / Helplines / Websites

**Stay Alive App** – A suicide prevention resource with information to help you stay safe. Helpful if you are having suicidal thoughts yourself or are worried about someone who may be considering suicide.

**DistrACT App** – Easy, quick and discrete access to health information, self-help tips and links to support and trusted resources for those who self-harm or feel suicidal – and those supporting them.

**HopeLine247** Call: 0800 068 41 41 Text: 07860039967 Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

[www.papyrus-uk.org](http://www.papyrus-uk.org)

[www.hycscounselling.co.uk/self-help-hub](http://www.hycscounselling.co.uk/self-help-hub)

[www.youngminds.org.uk/young-person/my-feelings/suicidal-feelings](http://www.youngminds.org.uk/young-person/my-feelings/suicidal-feelings)

[www.winstonswish.org/supporting-you/supporting-a-bereaved-child/suicide-bereavement-support](http://www.winstonswish.org/supporting-you/supporting-a-bereaved-child/suicide-bereavement-support)



Young people in Hounslow can text a school nurse for confidential advice and support:

**07507 333176**

Learn more at: [bit.ly/ChatHealthPrivacy](https://bit.ly/ChatHealthPrivacy)