

World Suicide Prevention Day 2024



World Suicide Prevention Day on 10 September is a chance for us all to raise awareness and take meaningful steps towards preventing suicide and supporting those who may be struggling to cope.

By talking more openly about suicide, we can give people the chance to express how they feel and get the support they need. It could even save a life.

**“Changing the narrative on suicide”**

Suicide is a major public health challenge. In the last decade, 6,929 young people in the UK have taken their own lives. Each suicide has far-reaching social, emotional, and economic consequences, and deeply affects individuals and communities worldwide.

The call to action encourages everyone to start the conversation on suicide and suicide prevention. Every conversation, no matter how small, contributes to a supportive and understanding society. By initiating these vital conversations, we can break down barriers, raise awareness, and create better cultures of support.

[www.who.int](http://www.who.int) / [CALM\(2024\)](https://www.thecalmzone.net)

**Support Organisations and Information:**

Samaritans: [www.samaritans.org](http://www.samaritans.org)

Childline: [www.childline.org.uk](http://www.childline.org.uk)

CALM: [www.thecalmzone.net](https://www.thecalmzone.net)

KOOTH: [www.kooth.com](http://www.kooth.com)



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)