

**September  
10th**

## **World Suicide Prevention Day Tuesday 10 Sept**

*Join in activities around Australia to help halve suicide*

**Go to: [www.wspd.org.au](http://www.wspd.org.au)**

Australian Institute for  
Suicide Research and  
Prevention

*beyondblue*

Black Dog Institute

ConNetica Consulting

headspace

Hunter Institute of  
Mental Health

LGBTI Health Alliance

Lifeline

Mental Health Council  
of Australia

Mental Illness Fellowship  
of Australia

Mindframe

MLC Community Foundation

NSW Mental Health  
Commission

On the Line

ReachOut.com

R U OK?

SANE Australia

SuperFriend

Suicide Prevention Australia

United Synergies

Young and Well CRC

In the lead up to World Suicide Prevention Day, Tuesday 10 September the National Coalition for Suicide Prevention (NCSP) is encouraging all Australians to participate in events to help halve the number of suicides in Australia in the next ten years.

Globally, one million lives are lost by suicide and in Australia around 2,300 people take their lives every year. Four out of five suicides in Australia are men and for young women under the age of 34 in Australia, suicide is the leading cause of death.

Sue Murray, CEO Suicide Prevention Australia said, "Nearly all suicides are preventable. We believe that through national and local efforts, a difference to the lives of many will be made." Peak body, Suicide Prevention Australia is leading the NCSP that recently launched its first initiative - Vote 1 Suicide Prevention social media campaign (Vote now: [www.wspd.org.au](http://www.wspd.org.au)).

Around Australia over the next week, there are hundreds of local events being held by members of the NCSP in support of suicide prevention that are open to the public.

Key activities include:

Lifeline's Out of the Shadow Walks to show support for suicide prevention in your community  
Standby remembrance events to pay tribute to those lost by suicide  
RUOK Day 12 September - a reminder to check in with your friends, family and work colleagues.

This World Suicide Prevention Day, take the time to learn about suicide, recognise the signs and help ensure that all Australians know that there are ways to get and to give help:

- Call....a help line; or ask a person for help
- Chat...with family and friends at work, at school and in the community
- Connect...in person or online.

The 2013 international WSPD theme is: Stigma: A Barrier to Suicide Prevention and this is being addressed by the NCSP by encouraging all Australians to open up the conversation about suicide.

More information about World Suicide Prevention Day can be found at [www.wspd.org.au](http://www.wspd.org.au)

To support the Australian media, quick tips on safely reporting suicide and mental illness can be found at [www.mindframe-media.info/for-media/reporting-suicide/quick-guide](http://www.mindframe-media.info/for-media/reporting-suicide/quick-guide).

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**About National Coalition for Suicide Prevention (NCSP)**

The NCSP has 25 organisations, Government groups and businesses that have joined together with a goal to halve the number of suicides in Australia in the next ten years.