

World Suicide Prevention Day

● **Suicide Prevention: One World Connected**

Suicide is a major public health problem. The psychological pain that leads each of these individuals to take their lives is unimaginable. Their deaths leave families and friends bereft, and often have a major ripple effect on communities.

Every year, almost 800,000 people die from suicide; this roughly corresponds to **one death every 40 seconds**. The number of lives lost each year through suicide exceeds the number of deaths due to homicide and war combined.

Suicide is the fifth leading causes of death among those aged 30-49 years in 2012 globally, and is the second leading cause of death in the 15-29 years age group in 2012 globally. Overall, it is estimated that during 2012 for each adult who died of suicide there were over 20 others who made suicide attempts.

“Reaching out to those who have become disconnected from others and offering them support and friendship may be a life-saving act.”

Efforts to prevent suicide have been recognized on *World Suicide Prevention Day* – September 10th – each year since 2003. In 2014, the theme of World Suicide Prevention Day is '**Suicide Prevention: One World Connected**.' The theme reflects the fact that connections are important at several levels if we are to combat suicide.

Connectedness is crucial to individuals who may be vulnerable to suicide. Studies have shown that social isolation can increase the risk of suicide and, conversely, that having strong human bonds can be pro-

tective against it. Reaching out to those who have become disconnected from others and offering them support and friendship may be a life-saving act.

Connectedness can also be understood in terms of clinical care. Mental illness, particularly depression, is an important risk factor for suicide. People with mental illness often ‘fall through the cracks’. Connectedness and collaboration between services is important in preventing suicide.

Be part of the connectedness of World Suicide Prevention Day this year. On September 10th, join with others around the globe who are working towards the common goal of preventing suicide. Together, we can shine a spotlight on this major public health problem and ensure that it receives the policy attention that it warrants.

- **City of Milwaukee Employee Assistance Program (EAP) 414-286-3145**
- **UHC Members (Care24) 800-942-4746**
- **World Suicide Prevention Day**
www.iasp.info/wspd



WSPD QR CODE

