

World Suicide Prevention Day September 10th 2018

I A S P



FROM THE PRESIDENT

As with previous years, we can reflect proudly on the accomplishments of our IASP community on a successful 18th World Suicide Prevention Day (WSPD) on 10th September 2018. WSPD continues to grow and evolve each year, with a staggering 217 specific events taking place this year in 62 countries globally. The annual Cycle around the Globe event was once again a great achievement for our IASP community. Participants from 35 countries cycled almost 14 times the circumference of the earth, equating to a staggering 557,731.12 km. This newsletter issue is dedicated to the efforts of our community in arranging and hosting various events across the globe in support of WSPD.

In acknowledgement of the intensive preparation that goes into coordinating WSPD, I wish to express my sincere gratitude to the IASP Central Administration Office team who worked earnestly to prepare activities and PR, ensuring the day was a success. A special thank you, also, to our IASP National Representatives who have gone to great effort to organise a vast range of awareness raising and educational activities within their countries, many of which are highlighted in this issue.

The support of Twitter in providing a unique WSPD emoji to increase online engagement and spread awareness of suicide prevention is also highly appreciated.

This year was the first WSPD with the theme “Working Together to Prevent Suicide.” This theme will be retained for WSPD in 2019 and 2020. This theme was chosen as it highlights the most essential ingredient for effective global suicide prevention—teamwork. We all have a role to play and together we can collectively make a difference as a member of society, as a family member, as a friend, as a colleague or as a neighbour. While the theme is linked to WSPD, we continue to promote collaboration and strive to apply this ethos in our work throughout the year.

I wish to take this opportunity to make you aware that registration for the IASP 30th World Congress in Derry-Londonderry, Northern Ireland in September 2019 is now open. Submission of abstracts for oral presentations, symposia, workshops and posters can be made using the following link:
<https://www.iasp2019.com/abstracts>.

Professor Murad Khan
IASP President



World Suicide Prevention Day
Working Together to Prevent Suicide
September 10, 2018



World Suicide Prevention Day 2018 Report

WSPD Materials

- WSPD brochure translated into **10** languages
- Cycle Around the Globe materials translated into **five** languages
- Banners created in **70** languages
- Light a Candle Postcards in **62** languages
- Suggested Activities PDF guide
- WSPD Take a Minute document
- WSPD 2018 Facts & Figures PDF
- WSPD 2018 Facts & Figures PowerPoint presentation
- WSPD 2018 Press Presentation Package
- WSPD 2018 Toolkit
- WSPD 2018 Infographic
- WSPD Digital Ribbon in **seven** formats
- WSPD Buttons, Lapel Pins and Wristbands

WSPD Activities

A total of **15** IASP member organizations' WSPD Web pages and **217** specific activities, from **62 countries**, listed on website representing thousands of activities worldwide that included many thousands of people or more globally.

Cycle Around the Globe



Participating Countries: **35**
Circumference of the planet cycled: **13.91 times**
Total in kilometers: **557,731.12 km**
Total in miles: **346,558.05 mi**

IASP.info Activity

Hits - September

2018 - **4,753,599**

2017 - **4,704,119**

2016 - **3,204,751**

2015 - **4,657,472**

IASP Social Media



www.youtube.com/IASPinfo

- **60** selected videos listed on IASP's YouTube WSPD 2018 channel
- **1,695** views



www.facebook.com/IASPinfo

- **32,628** Followers
- **35,190** Likes



www.facebook.com/events/207736209720753/

- **36.8K** People Reached
- **998** Event Responses



www.twitter.com/IASPinfo

- **Twitter WSPD Emojis** created in **15** languages
- **10.2K** Followers
- **29.2K** Profile Views
- **2,011** New followers
- **1.8 million** Impressions
- **\$5,000** gifted for WSPD Twitter promotion



WSPD Items



Wristbands



Lapel Pins



Buttons

Start early to prepare for World Suicide Prevention Day 2019!



World Suicide Prevention Day
Working Together to Prevent Suicide
September 10, 2019

IASP
International
Association
for
Suicide
Prevention

Downloads:

World Suicide Prevention Day 2019 Suggested Activities

<https://goo.gl/9CM4qk>

Cycle Around the Globe Info Sheet

<https://goo.gl/1Z2uLS>

<https://www.iasp.info/wspd2019/>

World Suicide Prevention Day September 10th 2018

Working Together to Prevent Suicide



REPORTS FROM EVENTS ACROSS THE GLOBE 2018

**UK
Ireland
India
Kenya
France
Taiwan
Hong Kong
The Netherlands**



World Suicide Prevention Day
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September 10, 2018

**I A
S P**
International
Association
for
Suicide
Prevention



WSPD 2018

UK



This year, STORM Skills Training CIC was delighted to be 'working together' with Waterside Hotel & Leisure Club, Manchester to host a Cycle Around the Globe event. Throughout the day, members of the gym along with partners and friends of STORM donated the kilometres cycled in a workout, a spin class or cycling to the gym to Team STORM-Waterside's (#teamstormwaterside) total.



They donated the total to IASP's Cycle Around the Globe to see how many times we can collectively cycle around the globe raising awareness of suicide. Last year's Cycle Around the Globe event was a huge success for STORM, not least because of the opportunity it opened up for starting conversations about suicide.

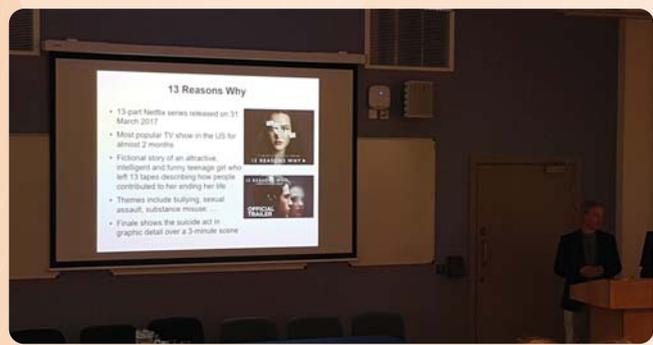


WSPD 2018

IRELAND



In celebration of World Suicide Prevention Day, The National Suicide Research Foundation hosted a lunchtime seminar on 'The Role of the Media in Suicide Prevention, Suicide Clustering and Contagion' in conjunction with the School of Public Health, University College Cork. Professor Ella Arensman, Dr Paul Corcoran and Mr Niall McTernan presented their research followed by an informative and engaging discussion with panelists from local media, the HSE Communications Team and stakeholders involved in suicide prevention.



WSPD 2018 INDIA

On the evening of September 11, 2018, Green Cyclists Association (ACO), in collaboration with the Lawen Charity Association, traversed the Marivan Route to the Darwaharan Forest Reserve from the Funeral District of Marivan County, Sanandaj province. On this occasion, the Green Coordinators remained silent for 5 minutes in order to sympathize with the families of suicide victims in the field of drug trafficking, commemorating the victims.

The main goal of the Recreational Ashti cycling Association and Lawen charity Association is to prevent mortality from road accidents, suicide, and depression, such as seminars, family counselors, bicycle hiking camps, and the sustainability of a healthy community with Collective, individual and collective participation and cooperation are the whole community.



WSPD events in Udupi, India

- 1) Lighting candles at 8pm by staff at our hospital Dr. A. V. Baliga Memorial Hospital Udupi at 8pm on September 10th.
- 2) Talk on working together to prevent suicide at weekly meeting of rotary club Udupi-Manipal 11/09/2018.
- 3) Radio talk by Dr. Virupaksha Devaramane on community Radio FM frequency 90.4 Mhz at 6pm on 10th September.

IA



WSPD 2018

AUSTRALIA

The Brisbane World Suicide Prevention Day Annual Community Forum, organised by the Australian Institute for Suicide Research and Prevention (AISRP), included an opening address from Queensland Mental Health Commissioner Ivan Frkovic, as well as presentations from researchers in the suicide prevention field, from organisations that support at risk individuals and their families, and from people with a personal experience of suicide attempts. World Suicide Prevention Day was initiated by former AISRAP director Professor Emeritus Diego de Leo.

Event Organiser, Wendy Iverson, said the aim of the forum was to equip the community with the knowledge to help prevent suicide. "It is a call to action, to raise awareness that every life is important, that we care, and to reach out to those who are in need of help, not just today, but everyday," Ms Iverson said.

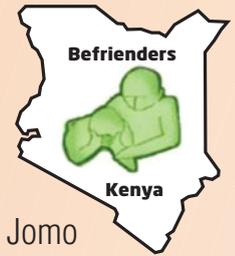
One of the speakers at the event was Dr Marianne Wyder, who said she had seen the difference that stronger communities made to people at risk of suicide. "If we had a stronger community that talked to each other, if you give people another option they will always take that, they just can't see that other option at that point in time, and so as a community we can start, even sometimes it's just talking," Dr Wyder said. "It's really important to raise a wide awareness around suicide, and this is a great day to do that," she said.

Griffith University suicidology lecturer Jacinta Hawgood also spoke at the event about her research into the stigma that surrounds suicide. Ms Hawgood said in addition to bringing attention to the issue of suicide, the forum showed how everyone could play an important role in suicide prevention.



"World Suicide Prevention Day is critically important to bring global recognition to the importance of preventing suicide, saving lives, and essentially injecting hope where there is little," she said.

Ms Hawgood said she hoped attendees gained the knowledge to help them be comfortable to both ask for help and to offer help to others. "I hope that our attendees take some evidence-based messages of hope away, to [help them] reach out to others," she said. "You don't need to be a clinical specialist to listen, you just need to be compassionate, forget what others think of you when you ask or offer help, and imagine for one second that because of you, someone's life was turned around."



REPORT ON THE WORLD SUICIDE PREVENTION DAY 2018 ACTIVITIES

THEME: Working together to prevent suicide. VENUE: Embu Level 5 Hospital, Embu county Jomo Kenyatta University, Nairobi County. Luther Plaza, Nairobi County. DATE: 10th/14th/22nd September 2018.

Befrienders Kenya

APPRECIATION

Befrienders Kenya would like to thank Ministry of Health (MOH), Mental Health department for inviting Befrienders Kenya to be a part of the national event marking the World Suicide Prevention Day 2017. We also acknowledge Mind your Mind and Ryculture Health and social innovation who invited us to be part of their Panel discussions as they marked the World Suicide Prevention day. Our gratitude also goes to all the facilitators for having accepted the invitation to give informative and educative talks on the topics of the day during the marking of the seventh World Suicide Prevention day by Befrienders Kenya.

Special appreciation goes to International Association for Suicide Prevention (IASP) for their contribution on the day and all the participating organizations who contributed in various ways including giving of their time in organizing the events.

INTRODUCTION

The World Suicide Prevention day was initiated in 2003 by IASP supported by World Health Organization and is held every year worldwide.

Befrienders Kenya has marked the event for the past six years through different forums to create awareness. Last year Befrienders Kenya in partnership with the Ministry of Health marked the day by creating awareness on Suicide and Suicide Prevention in schools, colleges and churches. This year Befrienders Kenya was part of the Ministry of Health World Suicide Prevention Day National event which was held on 10th September 2018 at Embu Level 5 Hospital in Embu County.

Befrienders Kenya was also part of a World Suicide Prevention day Mental Health Panel Discussion which comprised of specialists in the field of Mental Health organized by of Jomo Kenyatta University Mind your Mind and Ryculture Health and social innovation of Agriculture and Technology (JKUAT) with the aim of engaging the institutions students who are to a greater extent affected with the issue of suicide and suicidal thoughts.



Befrienders Kenya's event for the WSPD was held on 22nd September 2017 and the venue was at Luther Plaza, Nairobi County.

This year's theme: *Working Together to Prevent Suicide* ran through all the events and the IASP President's message was shared in both events.

World Suicide Prevention Day Ministry of Health Event 2018

Participants

The event brought together various health professionals: medical students, service providers, department of mental health, area administration, media, among other stakeholders.

Facilitators

The speakers of the day came from various organizations that are stakeholders in the issue of Suicide and Mental Health. Among them was Ms. Merab Mulindi of Befrienders Kenya who is also the national representative of the IASP and Africa Regional Coordinator for Befrienders Worldwide.

Program

The event had various activities which included a procession, speeches and entertainments (skits, songs).

Highlights of the day

The event featured a procession which raised awareness on the event and the day as participants clad in the colorful yellow T-shirts marched to the venue carrying a banner indicating the day.

Ms Merab Mulindi delivered the message of the IASP President called on families, communities, healthcare professionals and other professionals to collaborate and work together to Prevent Suicide hence overcoming the challenge brought about by the diversity in the causes of suicide.

The Principal Secretary for Health, Eng. Peter Tum through a representative Senior Deputy Director Medical Services, Dr. Patric Amoth noted suicide is a serious public health problem that needs to be tackled by all stakeholders and therefore urged the community members to take responsibility, look out for persons with suicidal behavior, engage them and link them to treatment and follow-up care, fight stigma and support those bereaved by suicide.

He said that Universal Health Care (UHC) has provided a platform to advance Mental Health services and hence through this the Ministry shall improve access to mental health services to ensure early identification and effective management of mental disorders and harmful use of alcohol and other substances.

The Embu County governor Martin Wambora called for the society to work together to ensure stigmatization of Suicide as well as ensuring mental wellbeing of individuals by raising awareness, sentiments that were backed by other speakers.

The event saw Befrienders Kenya's Merab Mulindi together with the Director of Mental Health Dr. Simon Njuguna presents a ribbon to the Embu



WSPD 2018

KENYA



governor as well as lead the participants in a candle lighting ceremony.

Ryiculture Limited (JKUAT) Mental Health Panel Discussion.

Participants

The event brought together students from Jomo Kenyatta University of Agriculture and Technology (JKUAT).

Panelists

The panelists comprised of specialists in Mental Health from various organizations that are stakeholders in the field of suicide and mental health. Among them was Hiram Chomba a volunteer counselor at Befrienders Kenya, Grace Kinuthia of Jitukuze, Monica Otiende (JKUAT), Nancy Ngathe, Kenyatta National Hospital Youth Center and others.

Program

The event featured exhibitions from organizations, Art show case, panel discussions on Suicide and Mental Health from a clinical angle, Testimonials and a panel discussion on management of Suicide and support systems for survivors and those bereaved by suicide.

Highlight of the event

The participants were taken through the suicide statistics which according to WHO data indicates in Kenya about 1408 people die by suicide annually translating to four deaths by Suicide daily.

There were over whelming feedback from the audience concerning matters Suicide and Mental Health. Discussions by panelists and audience brought out the fact that young people around affected age are mostly at a point when they are striving to discover and shape their lives. According to the discussions this is associated with lots of pressure to make it in life.

It was agreed that it is the role of the society and everybody to demystify any gender stereotypes and accept men as normal humans with emotions as any other person.

It was agreed that Suicide Prevention can be achieved by all stakeholders collaborating and working together towards a common goal. Befrienders Kenya Marks the 7th World Suicide Prevention Day in Kenya.

Participants

This year's event brought together students, Community Based Organizations, Corporate entity, Ministry of Health, teachers, Community Health Workers, media and service providers within the field of health. The participants came from Kiambu and Nairobi Counties.

Program

The event featured introduction to the day and theme for 2018, message from the IASP president, a candle lighting ceremony, Video by Patricia Esteve and presentations. The event was chaired by Hiram Chomba (Befrienders Kenya).

Highlights from the events of the day at Luther Plaza, Nairobi County

The participants were introduced to the day with the highlight of the day being the theme, which was well presented through the message from the IASP President by Merab Mulindi who emphasized on the need to adopting multilevel and cohesive approaches to prevention efforts representing integration within and between disciplines, organizations, agencies, professionals, communities and the general public.

The event which brought together participants from various institutions and organizations saw various speakers' emphasize on the importance of the theme.

Participants took part in the traditional candle lighting ceremony where those that died through

suicide, suicide survivors and those bereaved through suicide are remembered.

There were presentations from Befrienders Kenya who shared the WHO suicide statistic in Kenya emphasizing on the need for communities, individuals and organizations to work together to prevent suicide. There was also a personal story from a bereaved who admitted he had lost his daughter through Suicide and this had really affected him in some way but to him it was an eye opener as he can now join forces with likeminded individuals in raising awareness on Suicide Prevention.

The participants were shown a video "OUT OF THIS LIFE" by Patricia Esteve stories from survivors and bereaved.

Media/ Press and Publicity

Befrienders Kenya took part in several media interviews; Radio, Television, Newspaper and the social media with the aim of publicizing the World Suicide Prevention Day. The media houses include:

- Nation Newspaper (Nation Media) on 11th September 2018
- KBC English service radio on 13th September 2018
- Focus TV on 14th September 2018
- Milele FM (Radio Africa) on 25th September 2018





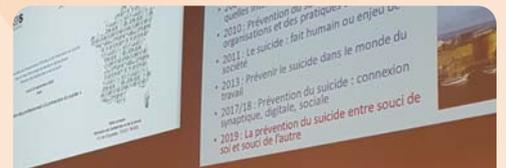
WSPD 2018

FRANCE

Pictures from the 50th Congress of the Groupement D'Etudes et de Prevention du Suicide (GEPS), in Paris, France on 10th September 2018



Trio clockwise from left: Michel Debout past president GEPS and Iasp France natrep at the time Jacques Vedrinne and myself both Founding President of GEPS 1969





WSPD 2018

TAIWAN



Taiwanese Society of Suicidology collectively cycled a massive 275,861 kms this year for the Cycle around the Globe Suicide Prevention Awareness event!





WSPD 2018

HONG KONG



THE HONG KONG JOCKEY CLUB
Centre for Suicide Research
and Prevention
THE UNIVERSITY OF HONG KONG
香港大學香港賽馬會防止自殺研究中心



“Working Together to Prevent Suicide” 2018 World Suicide Prevention Day Press Conference

The HKJC Centre for Suicide Research and Prevention (CSRP) of the University Of Hong Kong (HKU) held a press conference on September 10 (Monday) with the theme “Working Together to Prevent Suicide”.

Professor Paul YIP Siu-fai, Director of the Centre, presented the latest suicide statistics for Hong Kong and explain the findings at the conference. CSRP has been working closely with popular YouTubers to co-create videos on suicide prevention. We hope to connect the vulnerable youth through social media, and raise awareness of the general public, especially the youth on the importance of mental health and suicide prevention. It is our honor to have had Asha Cuthbert (YouTube channel: ASHA ETC), one of the YouTubers of the project, to share her thoughts and feelings about the collaborative suicide prevention project.

About HKJC Centre for Suicide Research and Prevention (CSRP), HKU Founded in 2002, the CSRP has established its reputation in suicide research and prevention worldwide and extended its research scope to well-being of individuals as well as the whole society. CSRP believes in that empirical research would optimize practices and ultimately contribute to the improvement of a society.





WSPD 2018

THE NETHERLANDS

Dutch WSPD

The International Association for Suicide Prevention (IASP) has launched for several years "World Suicide Prevention Day" which is celebrated on September 10th. This year the theme for WSPD was "Working together on suicide prevention". WSPD is also widely celebrated the last years in the Netherlands.

That is why Remco de Winter, psychiatrist in emergency psychiatry, researcher in suicide prevention and emergency psychiatry and Dutch representative for the IASP, took again the initiative together with staff members Riet Lochy and Edith Gram to organize a Dutch convention in the Louis Hartlooper complex in Utrecht in the form of a symposium: "Working together on suicide prevention". This topic proved to be very relevant, not only were there more participants than the set 150, but the lectures excelled in diversity, quality and inspiration.

There were excellent Dutch scientists relatives and experiential experts, which gave free of charge several short pitches, they were very stimulating and inspiring. The morning part ended with a moving musical theater performance. In the afternoon, participants could choose from a varied program of 12 workshops spread in two rounds.

We look back at a very successful day! As example one of the participants stated: "I have learned more on this day than I have in a three-day congress abroad".

Also was stated that the profit from the convention would be gifted to the IASP. So we are very proud that we can donate in the end the IASP an amount of 10.259,11 euro's!

