



WORLD SUICIDE PREVENTION DAY SUGGESTED ACTIVITIES

World Suicide Prevention Day, September 10th, is an opportunity for all sectors of the community — the public, charitable organisations, communities, researchers, clinicians, practitioners, politicians and policy makers, volunteers, those bereaved by suicide, those with lived experience and other interested groups and individuals — to join with the International Association for Suicide Prevention (IASP) — to focus attention on suicide prevention,

Examples of diverse activities to promote understanding about suicide and highlight effective prevention activities, which can support World Suicide Prevention Day include:

- ▶ Launching new initiatives, policies and strategies on World Suicide Prevention Day.
- ▶ Holding conferences, open days, educational seminars or public lectures and panels.
- ▶ Writing articles for national, regional and community newspapers, blogs and magazines.
- ▶ Holding press conferences.
- ▶ Placing information on your website and using the [IASP World Suicide Prevention Day Web banner](#), promoting suicide prevention in one's native tongue.
- ▶ Securing interviews and speaking spots on radio and television.
- ▶ Organising memorial services, events, candlelight ceremonies or walks to remember those who have died by suicide.
- ▶ Asking national politicians with responsibility for health, public health, mental health or suicide prevention to make relevant announcements, release policies or make supportive statements or press releases on WSPD.
- ▶ Holding depression awareness events in public places and offering screening for depression.
- ▶ Organising cultural or spiritual events, fairs or exhibitions.
- ▶ Organising walks to political or public places to highlight suicide prevention.
- ▶ Holding book launches, or launches for new booklets, guides or pamphlets.
- ▶ Distributing leaflets, posters and other written information.
- ▶ Organising concerts, BBQs, breakfasts, luncheons, contests, fairs in public places.
- ▶ Writing editorials for scientific, medical, education, nursing, law and other relevant journals.
- ▶ Disseminating research findings.
- ▶ Producing press releases for new research papers.
- ▶ Holding training courses in suicide and depression awareness.
- ▶ Lighting a candle near a window at 8 PM in support of: World Suicide Prevention Day, suicide prevention and awareness, survivors of suicide and for the memory of loved lost ones. Find ["Light a Candle Near a Window at 8 PM"](#) postcards in various languages
- ▶ Participating in the World Suicide Prevention Day — [Cycle Around the Globe](#).
- ▶ [Submitting a listing of WSPD Events and activities](#).

YOU CAN *be the light* *

