



World Suicide Prevention Day

10 September 2023

According to the **South African Depression and Anxiety Group (SADAG)**, every day should be **World Suicide Prevention Day**, especially after the recent teen suicide attempts that have been reported in the press and media. **The International Association for Suicide Prevention (IASP)** has marked the **10th of September** as **World Suicide Prevention Day**, and the global theme is “*Creating Hope Through Action*”, this is a message that SADAG feels is more important now than ever – for anyone who feels helpless or hopeless - that there is always hope, there is always help!

‘*Creating Hope Through Action*’ is a reminder that there is help towards suicide prevention and that our actions, no matter how big or small, may provide hope to those who are struggling. We can act by reaching out to someone who may be in distress, encouraging understanding around the issue, and having the courage to start conversations about Suicide. Through our actions, we can also let people experiencing suicidal thoughts know that there is hope and that we want to support them.



HOPE IN ACTION

Encourage reposts on social media using hashtags, their actions for the day and messages of hope.

CREATING HOPE THROUGH ACTION



World Suicide Prevention Day

#CreatingHopeThroughAction



Online Toolkit

Explore our online Suicide Prevention toolkit (*Resources and Materials, Suicide Safety Plan, Online Activities, Message of Hope, Press Release, How to Get Help, Online Videos, Suicide Language, and Help Save a Life*) this month with essential resources on Suicide Prevention, Webinars, and weekly online topics for

"Ask The Expert", and how to create hope through action. Click the button below.

[Click Here](#)

[Message of Hope](#)



SADAG's Message of Hope is our way of spreading light and encouragement during **Suicide Prevention Month**. We invite everyone to fill them with their own heartfelt messages of support and hope as a reminder that, even in the darkest moments, help is a phone call away.

[Click Here](#)



Press

SADAG will also be sharing a series of press releases throughout the month relating to **World Suicide Prevention Day**. This will include important resources and details for the press to access to help create awareness. SADAG also shares Responsible Reporting and Suicide Language Guidelines to help journalists.

Click the button below to access.

[Click Here](#)



"Ask The Expert"

This September we are creating "Hope through Action in honor of World Suicide Prevention Day. Follow the link below on what to look out for on "Ask the Expert" every Friday at 1 PM. " The topics this month are "Bullying in the Workplace", "How to Have Tough Conversations about Suicide", " Teen Suicide Shouldn't be a

Secret", "Suicide Language: How We Talk about Suicide Matters", "Life After a Suicide Attempt - What Now?" Click the button below to access the official Calendar

[Click Here](#)



Tik Tok Live

Join SADAG on our two TikTok lives during this month. Our first live will be unpacking helpful information on conversation starters with someone that you may be reaching out to. We will feature a special guest sharing their lived experiences. Click the button below for more details.

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