



# Mental Health Awareness Newsletter

Welcome back to a new academic year. This term we have two big awareness days for Mental Health and Wellbeing and we start this month with World Suicide Prevention Day. The message for this year is: Change The Narrative. We want you to start them awkward conversations round suicide ideation, feelings and emotions to normalise talking about how we feel.



This World Suicide Prevention Day, we're sharing one important message: **If you think someone might be suicidal, take action, interrupt their thoughts and show them you care.**

Every 90 minutes, someone in the UK or Ireland dies by suicide and 1 in 4 of us has had suicidal thoughts. The suspected suicide rate in January 2025 in males (17.4 per 100,000) remains higher than females (5.0 per 100,000), both of which remain similar to the rates in the previous months, with the lowest rate in those aged 10-24 years (4.4 per 100,000)

*Let's prevent suicide today. Because tomorrow's too late.*

## Suicidal thoughts can be interrupted

From a recent survey by a Mental health charity, the majority of people with lived experience of suicide said that their suicidal thoughts have been interrupted.

- 60% said their suicidal thoughts had been interrupted by someone close to them, like a friend or family member.
- 14% said their suicidal thoughts had been interrupted by a stranger or someone they didn't know.

The World Suicide Prevention Day 2025 campaign was co-created with people who have lived experience of suicidal thoughts. Samaritans are sharing experiences and insights to help you take action if you suspect someone may be suicidal. We've put together the following webpages from

Samaritans to provide you with further information. Please click the link below or access by [www.samaritans.org/how-can-we-help/if-youre-worried-about-someone-else/how-to-interrupt-someones-suicidal-thoughts-guide/](http://www.samaritans.org/how-can-we-help/if-youre-worried-about-someone-else/how-to-interrupt-someones-suicidal-thoughts-guide/)

- [How to interrupt someone's suicidal thoughts](#), including real-life examples of how people's suicidal thoughts were interrupted by strangers or someone they know.
- [Ideas for how to support yourself if you're struggling with suicidal thoughts](#)

If you're worried someone is having harmful thoughts, it's better to interrupt than not.

## Suicide | 15-24 years old



young men are  
three times as  
likely to take  
their own life  
as their female  
peers

**Suicide may be linked to many factors**, including: poor mental health; self-harm; academic pressures or worries; bullying; social isolation; family environment and bereavement; relationship problems; substance misuse; or neglect. Risk factors are cumulative over the life course, and adverse childhood experiences, deprivation, and poor physical health also contribute to the risk.

OUR  
IMPACT  
2024-2025

James' Place  
PREVENTING SUICIDE. PROVIDING HOPE

1,352 MEN IN SUICIDAL CRISIS HELPED THROUGH  
6,365 FREE THERAPY SESSIONS.



The three most common factors  
contributing to a suicidal crisis were:  
Relationship breakdown (20%)  
Family problems (19%)  
Work (18%)



96% of men we treated and who completed our feedback form, were happy with the practical and emotional support they were offered, and the quality of therapy they received.

[www.jamesplace.org.uk](http://www.jamesplace.org.uk)

It is important that you talk to friends and family who you may feel comfortable in opening up to, and who know what you are going through. Sometimes, you may just need someone to talk things through with, or vent, or ask for emotional support. Whilst sometimes you may want to ask

## SEPTEMBER IS SUICIDE AWARENESS MONTH

Behind every statistic is a name.  
A laugh. A story.  
A family who loves them.  
Someone who mattered — and always will.

Suicide doesn't just take one life...  
It shatters the lives of everyone left behind.  
It leaves questions that will never have answers  
and hearts that will never be the same.

This month, and every month, we need to keep talking.

About mental health. About reaching out.  
About listening without judgment.  
About making sure nobody feels like they have to fight alone.

If you're struggling, you are not a burden.  
You are loved. You are needed. You are enough.



friends or family to help with things round the house, practical tasks or helping with other children – this is all ok. Ask for help, please don't suffer in silence. If you feel you have nobody who you can talk to, it is important that you reach out to networks and support groups for support. There are people going through similar situations and know exactly how you are feeling.

You can access support from the following:

[Reach Out suicide prevention – Live Your Life Well](#)

[www.mind.org.uk](http://www.mind.org.uk)

<https://www.thecalmzone.net/>



There's a version of you in the future,  
Smiling back at the version of you now,  
Saying thank God you didn't give up,  
Because look how life has turned around.  
You've come so very far,  
You never thought you would,  
So if you're thinking about giving up,  
Know you never ever should.  
There are things you haven't done yet,  
So many things you haven't seen,  
There are places left to visit,  
Where you haven't yet been.  
There are songs you're yet to fall in love with,  
And people you have to meet,  
There is laughter round the corner,  
This isn't your defeat.  
So keep going and wait for it all,  
You owe yourself to see it through,  
Look at the person looking back to where you are,  
Smile and say I'm doing this for you.

**Need access to mental health support**  
(including people in crisis)?

You can call our 24/7 support line, if you're 16+, for FREE.

➔ Call 0800 145 6570 if you live in Liverpool or Sefton

Merseycare.nhs.uk

**HOPELINE247**

HOPELINE247 is a suicide prevention helpline for anybody aged 35 and under who is experiencing thoughts of suicide, or anybody concerned for a young person.

**Call: 0800 068 4141**  
**Text: 88247**  
**Email: pat@papyrus-uk.org**

Open 24 hours a day, every single day of the year.

PAPYRUS  
PREVENTION OF YOUNG SUICIDE



