

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: <u>If you think someone</u> 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.

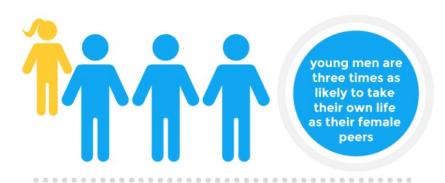
The World Suicide Prevention Day 2025 campaign was co-created with people who have lived experience of suicidal thoughts. Samaritans are sharing experiences and insights to help you take action if you suspect someone may be suicidal. We've put together the following webpages from

Samaritans to provide you with further information. Please click the link below or access by www.smaritans.org/how-can-we-help/if-youre-worried-about-someone-else/how-to-interupt-someones-suicidal-thoughts-guide/

- How to interrupt someone's suicidal thoughts, including reallife 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



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

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%)



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

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.

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 judgmennt.

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 meetled. You are enough.



You can access support from the following:

Reach Out suicide prevention – Live Your Life Well

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.



