World Suicide Prevention Day is September 10th

World Suicide Prevention Day was created by the International Association for Suicide Prevention. The day provides the opportunity for people across the globe to raise awareness of suicide and suicide prevention.

- Suicide prevention remains a universal challenge. Every year, suicide is among the top 20 leading causes of death globally for people of all ages, responsible for one death every 40 seconds.

- You can make a difference – raise awareness about the issue, educate yourself and others about causes and warning signs for suicide, question the stigma, and share your own experiences.

- Learn more about the importance of this day at https://www.iasp.info/wspd2020/

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Reference: https://www.iasp.info/wspd2020