

World Suicide Prevention Day 2020



75% of suicides are men

Deaths by suicide



World - every 40 secs
UK - every 90 minutes
Cumbria - every week

1 in 17 people

have thoughts of suicide each year



Talking about Suicide Saves Lives



Asking someone if they are having thoughts of suicide will not put ideas in their head. Research has shown it actually decreases the likelihood of the person acting on their feelings.



Suicide is the leading cause of death of young people in the UK

1961

The year suicide ceased to be a crime

10.9%

The increase in UK suicide rates in 2018

Only 1 in 4 people

who die by suicide are in contact with mental health services in the year leading up to their death



1 in 5 people

will have thoughts of suicide in their lifetime



1 in 8 people

in problem debt considered taking their own life last year in England.



Biggest killer of men under 50



Suicide is the biggest killer of women under 35 and men under 50

Every life matters...

Suicide Safer Cumbria
www.every-life-matters.org.uk
Text Elm10 to 70085 to donate £10