



World Suicide Prevention Day 2022

Did you know that 399 people died by suicide in Ireland in 2021? Every person lost is a brother, son, sister, daughter, parent, partner, friend or colleague.

World Suicide Prevention Day (WSPD) is on Saturday 10th September 2022.

This is a global public health day for raising awareness and understanding about suicide prevention.

The suicide prevention theme for 2022 is:

Creating Hope Through Action

You don't have to be a qualified professional to reach out to someone who may be in distress and thinking about suicide. If you are concerned about someone: Reach out – simply ask the question “*Are things so bad for you that you are thinking of ending your life?*” This may be the only opportunity they have to express that they need help.

Do not feel alone in your efforts to support someone who is feeling suicidal or having suicidal thoughts.

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The CSEAS can:

- provide guidance and support to those who wish to help a person in suicidal distress
- provide psychological support to those who are contemplating suicide
- provide support to those who have been bereaved through suicide

On-duty EAO available at 0818 008120

Monday – Thursday: 9am – 5.15pm Friday: 9am – 5pm

Appointments are available evening and weekends if required

Email: cseas@per.gov.ie

www.cseas.per.gov.ie