

WORLD SUICIDE PREVENTION DAY 2023



Did you know in Ireland,

412 people died by suicide in 2022

Every person lost is a brother, son, sister, daughter, parent, partner, friend or colleague.



 World Suicide Prevention Day (WSPD) is on **SUNDAY 10TH SEPTEMBER 2023**

This is a global public health day for raising awareness and understanding about suicide prevention. The theme for 2023 is

CREATING HOPE THROUGH ACTION

In Ireland, this is an important theme that is reflected in our national strategy to reduce suicide,

Connecting for Life

 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.

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

Seirbhís Chúnaimh
d'Fhostaithe na Státseirbhíse

On-duty EAO available at 0818 008120

Monday to Thursday, 9:00 – 5:15, Friday, 9:00 – 5:00

Evening & weekend appointments available, if required

cseas@per.gov.ie

www.cseas.per.gov.ie



Civil Service Employee
Assistance Service