

World Suicide Prevention Day



WORLD
SUICIDE
PREVENTION
DAY
10th September

Did you know,
in Ireland,

over
400
people

die by suicide
every year

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



World Suicide Prevention Day 2026 is on Thursday September 10th

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

The theme
for 2026 is



CHANGING THE NARRATIVE ON SUICIDE



**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're 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 is 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



Civil Service Employee
Assistance Service

On-duty EAO available at **0818 008 120**,
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