

## WORLD MENTAL HEALTH DAY 2019, October 10 MENTAL HEALTH PROMOTION AND SUICIDE PREVENTION

Mental health and suicide are still heavily stigmatized, and these stigmas remain major obstacles to suicide prevention efforts.

Those who are left behind or who have attempted to take their life, often face considerable stigma within their communities, which can significantly hinder them from seeking help. As a result, stigma can become a barrier to accessing suicide prevention services.

**“Communities play a critical role in suicide prevention. They can provide social support to vulnerable individuals and engage in follow-up care, fight stigma and support those bereaved by suicide.”**

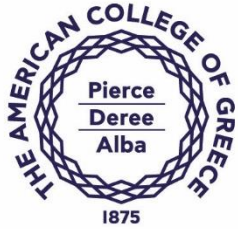


10 October  
WORLD  
MENTAL  
HEALTH  
DAY



### Key Facts

- Close to 800 000 people die due to suicide every year.
- Suicide is the second leading cause of death among 15-29 year-olds.
- One person dies by suicide every 40 seconds.
- A prior suicide attempt is a significant risk factor for suicide.
- Suicide affects people of all age groups in all countries.
- 79% of global suicides occur in low and middle income countries.
- Mental disorders are important risk factors for other diseases, as well as unintentional and intentional injury.
- Around 20% of the world's children and adolescents have mental disorders or problems.
- War and disasters have a large impact on mental health and psychosocial well-being.



## Know the Facts

## Health



### Do you know someone who may be considering suicide?

#### 1. Warning signs that someone may be seriously thinking about suicide

- Threatening to harm themselves or kill oneself.
- Saying things like "No-one will miss me when I am gone."
- Looking for ways to kill oneself, such as seeking access to medication or browsing the internet for means of taking one's own life.
- Saying goodbye to close family members and friends, giving away of valued possessions, or writing a will.

#### 2. What you can do

- Find an appropriate time and a quiet place to talk about suicide. Let them know that you are there to listen.
- Encourage the person to seek help from a professional, such as a doctor, mental health professional, counsellor or social worker. Offer to accompany them to an appointment.
- If you think the person is in immediate danger, do not leave him or her alone.
- Seek professional help from the emergency services, a health-care professional, or turn to family members.
- If the person you are worried about lives with you, ensure that he or she does not have access to means of self-harm in the home.
- Stay in touch to check on how the person is doing.
- **For more information watch the video below.**

#### **[Suicide Prevention: Choose to Stay - YouTube](#)**

<https://www.youtube.com> > watch

**REMEMBER:**  
If you know Someone who maybe considering suicide, talk to them about it.  
Listen with an open mind and offer your support.

#### **Health Services which are provided on and off the American College of Greece to seek help for someone who thinks suicidality:**

- **ACG Counseling Center**

Below please find their link for further info:

<http://www.acg.edu/current-students/student-services/acg-counseling-center>

- **ACG Health & Wellness Center**

**First Aid:** There are 2 infirmaries on campus, where you can seek for help in case of an emergency on campus

**Wellness Coaching:** The Wellness Coach is available to discuss your unique situation and to explore together what really works for you (<https://www.acg.edu/current-students/student-services/acg-health-wellness/wellness-coaching/> )

- **Suicide Intervention Line**

Call directly at **1081** in case you or someone you know think about suicidality

Find more info at: <http://suicide-help.gr/>