

10 October

WORLD
MENTAL
HEALTH
DAY



#WorldMentalHealthDay 2019 focuses on Suicide Prevention in support of the UN's Sustainable Development Goals

We all know someone impacted by poor mental health - yet people with mental disease are still stigmatized and discriminated against in terms of access to care and services.

When it comes to suicide, the numbers are staggering: every 40 seconds someone dies by suicide¹. Annually, this represents over 800.000 people that die by suicide², which is more than people dying by war and homicide put together³!

The links between suicide and poor mental health are well reported: it is estimated that more than 90% of persons who die by suicide are associated with mental disorders⁴.

Although suicidal behaviour is complex, it is preventable: we can address risk factors, leverage protective factors and strive to improve our healthcare systems. But suicide is not only a health issue: it is a societal one!

All of us have a role to support better mental, help prevent suicide in our communities!

On 10 October, make your voice heard on **#WorldMentalHealthDay**. So that, together, we can make a difference!



Join us!
[#WorldMentalHealthDay](#)
[#GlobalGoals](#)
[#SuicidePrevention](#)

- 1 WHO (2014). Preventing suicide: a global Imperative. World Health Organization
- 2 Turecki, G. & Brent, D.A. (2016). Suicide and suicidal behaviour. The Lancet, 387(10024), 1227-1239
- 3 WHO (2014). Suicide: facts and figures
- 4 Holmstrand C, et al Long-term suicide risk in no, one or more mental disorders: the Lundby Study 1947–1997. Acta Psychiatry Scand 2015; 132(6): 459-469.



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