



World Suicide Prevention Day

Creating Hope Through Action

September 10, 2022

Creating Hope Through Action is a reminder that there is an alternative to suicide.

Through action, we can all make a difference. By supporting those experiencing a crisis or those bereaved by suicide, you may help give someone the hope and courage to take action and seek help. Encourage understanding, reach out and share your experiences.

If you or someone you know is at risk of suicide or self-harm, you should make contact immediately with one of the following:

Phone or go to your local doctor

Go to the Accident & Emergency department of the nearest hospital

or

Call 112 or 999

To Take Action Contact:

Your Mental Health

24/7 FreePhone: 1800 742 444

A confidential service that provides signposting to mental health supports and offers information on how to access services provided by the HSE and funded partners.

For Further Support Contact

The Samaritans

Free 24-hour listening service for anyone in distress.

FreePhone: 116 123

Email: jo@samaritans.org.

Every six seconds, a volunteer responds to a call for help. The Samaritans are there 24/7, before, during and after a crisis, ensuring there's always someone to listen.