

800,00- DEATHS BY SUICIDE EACH YEAR WORLDWIDE

WOULD YOU KNOW WHAT TO DO?



Suicide in under 25's rose by 23.7%

the rate of suicide in young females
is now the highest on record

Suicide is the biggest killer of young
people aged 15 -24



**6,507 deaths by suicide in
2018 in the UK**

4,903 men & 1,604 women

An increase of 10.9% on 2017



What can you do?

Is someone you know:

tearful, withdrawn, agitated, not doing
things they used to find enjoyable? Using
alcohol or drugs more than usual? Using
words such as helpless, hopeless, feeling
worthless, can't go on?

**Males age 45 - 49 are
the highest age group,
affecting 27.1/100,000**

with 20 more attempting suicide for
each suicide completion



**Hub of Hope app or
<https://hubofhope.co.uk/>**

- Ask them if they are feeling okay
#asktwice
- Tell them you care
- Ask them how you can help
- Ask if they are thinking of taking their
own life (it is better to ask, you will not
put that thought in their mind)
- Give them the following numbers, or
point them at the Hub of Hope app for
support
- Reassure them that they won't always
feel like this
- offer practical help and emotional
support

RESOURCES

Samaritans - 116 123

CALM - 0800 585858

Papryrus - 0800 068 41 41

NHS - 111

SOURCE: SAMARITANS REPORT 2019 / ONS 2018



Dewa Consulting 07832 615751
www.dewaconsulting.co.uk