Suicide Prevention Week Email 2: World Suicide Prevention Day

World Suicide Prevention Day

The theme of World Suicide Prevention Day is “working together to prevent suicide”. Preventing suicide is truly a community effort that involves families, friends, co-workers, employers, organizations and whole communities working together.

On World Suicide Prevention Day you can join others around the globe in showing your support for suicide prevention. Here’s how:

- **Take a minute** to reach out to someone in your life or your community, start a conversation if you notice something is different. Find out what is available in your community to help both yourself and others.
- **Light a candle** near a window at 8pm to show your support, remember a lost loved one, and for the survivors of suicide. [Click here](#) to find e-cards or postcards in 62 languages.
- **Share a link to the World Suicide Prevention Day web site**, and add the [World Suicide Prevention Day banner](#) to your communications today.

During Suicide Prevention Week in the U.S., thousands of individuals and organizations join together to support suicide prevention by engaging in a range of activities, from sharing on social media to hosting community events. The theme for the 2019 Each Mind Matters Suicide Prevention Week [Toolkit](#) is *Finding Purpose- Taking Care of Ourselves and Others*. This theme reflects both a focus on the power of protective factors, as well as the role we all play in preventing suicide.