

St Kevin's College, Dublin, mark World Suicide Prevention Day

On September 10th every year, World Suicide Prevention Day is observed in 40 countries around the world. This day seeks both to promote an international effort to stop suicide and to raise awareness that suicide can be prevented.

In the school community of St. Kevin's College, Ballygall Road East, Glasnevin, we entered into solidarity with the international community as we observed World Suicide Prevention Day for our second year. Akin to most school communities, ours has been affected by the grief engendered by deaths as a result of suicide. Accordingly, our ceremony remembered people from the local community or connected to students and staff who have died by suicide. We offered statistically figures on suicide while also offering a multitude of support services availed inside and out of the school community.

Many thanks to staff and students for their solemn participation in this worthwhile observance. Staff and student feedback reaffirms the necessity: to raise awareness that suicide can be prevented; to spread information about suicide awareness; to decrease the stigma linked to suicide; and enter in solidarity with those who have been affected by suicide.

Facts on Suicide

1. Every year over 800,000 people die from suicide, this roughly means one death every 30 seconds.
2. The number of lives lost each year through suicide is greater than the number of deaths due to murder and war combined.
3. Suicide is the most common cause of death for people aged between 15 and 24.
4. The pain that leads to an individual taking their own life is unimaginable.
5. Mental illness, particularly depression, alcohol and drug misuse are a major risk factor for suicide in Europe..
6. Talking to someone and seeking help is crucial for people vulnerable to suicide.

7. Reaching out and being nice to people, offering them support and friendship may be a



life- saving act.