

World Suicide Prevention Day

Changing the Narrative on Suicide



This 'World Suicide Prevention Day', on the **10th September**, we want to change the narrative on suicide across Nottingham and Nottinghamshire. Our campaign aims to help reduce the stigma surrounding suicide. We want to raise awareness of the support available *and* encourage accessing it. We want to share our stories of hope and show that suicide can be preventable.

How can I help?

1. Take the Zero Suicide Alliance online training [here](#) and share it with your colleagues or community. It is targeted towards everyone over the age of 16.

2. **Read, share and encourage** your organisation to sign up to the 'Suicide Prevention Charter' via the link [here](#) The Charter sets out the values of people with lived experience of suicidality or bereavement by suicide in Nottingham and Nottinghamshire.

3. Contact the Public Health team to request mental health leaflets to share with your community, or the people you work with. Email [**katherine.fuentes-dominguez@nottinghamcity.gov.uk**](mailto:katherine.fuentes-dominguez@nottinghamcity.gov.uk)

4. Watch and share the '**Stories of Hope**' video accounts from local people. They aim to show that recovery and remaining hopeful is possible. You can find them [here](#)

5. Use our branded social media graphics to share the messages – you can find them all via this [link](#) under the 'Professionals' tab

Want to talk to someone?
Support is available

NHS 111, **option 2**

Samaritans (Open 24/7) **116 123**

Nottingham & Nottinghamshire
Crisis Sanctuaries **0330 822 4100**