

Mates in Mind and World Suicide Prevention Day - 10 September 2018

On September 10 it is #WorldSuicidePreventionDay. The day is an annual event established to raise awareness about suicide across the globe and to promote working together to prevent suicide.

The MPA are Mates in Mind champions supporting this initiative.

Our newly qualified Mental Health First Aiders at MPA will be supporting #WorldSuicidePreventionDay on 10 - 11 September as part of our 'Safer & Healthier by Sharing' initiative. The MPA's Health and Safety meeting will open by sharing key messages from the Mates in Mind resources.



World Suicide Prevention Day is championed by the International Association for Suicide Prevention (IASP) who are dedicated to: preventing suicidal behaviour, alleviating its effects and providing a forum for academics, mental health professionals, crisis workers, volunteers and suicide survivors.

The day is an internationally recognised opportunity for people across the globe to raise awareness about rates of suicide, as well as the resources and services available to prevent it.

Mates in Mind understand the importance of each of us playing a role in preventing suicide and tackling this global issue together at different levels. Therefore, we want to do what we can to #getconstructiontalking about #mentalillhealth and #wellbeing within the #construction industry and play our part in preventing suicide.

"Preventing suicide is often possible and you are a key player in its prevention! You can make a difference - as a member of society, as a child, as a parent, as a friend, as a colleague or as a neighbour." - IASP

If you or your organisation would like to get involved with World Suicide Prevention Day there are plenty of things you can do.

"You can raise awareness about the issue, educate yourself and others about the causes of suicide and warning signs for suicide, show compassion and care for those who are in distress in your community, question the stigma associated with suicide, suicidal behaviour and mental health problems and share your own experiences."

Over the next few days Mates in Mind will be creating and posting resources to help you get involved with World Suicide Prevention day, [click here](#) to access the resources. Follow Mates in Mind on [social media](#) to stay up to date with the latest from the charity.

Participate in one of Mates In Mind's [training programs](#) to transform the industry's mental health culture.

To find out more, please visit the Mates in Mind [website here](#).

Register on the MPA members' site at <http://members.mineralproducts.org> by filling out the on-screen form. You will then be sent a validation email for access to a wealth of information on the mineral products industry.

Please email rhian.geary@mineralproducts.org if you wish to unsubscribe from our Members' Direct mailing list.

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