



FROM THE PRESIDENT

Welcome to the September 2019 edition of the IASP news bulletin. It has already been a busy year, filled with many fantastic events that we will learn about in this issue.

The IASP 3rd Regional Caribbean Symposium took place in early May in Trinidad & Tobago. The Symposium focused on evidence-based research, best practice and innovative suicide prevention activities. It brought together researchers, practitioners, helpline workers, post-graduate students, those within the community and affected by suicidal behaviour. The Symposium offered the opportunity for mentorship and training among attendees. I am delighted to hear that many healthcare and community workers took part in the gatekeeper training and can put their learned skills and knowledge to use within their communities in the Caribbean and further afield.

World Suicide Prevention Day (WSPD) is fast approaching, and preparations are taking place across the globe for the many events that will be held on Tuesday, 10th September, 2019. The purpose of WSPD is to raise awareness of the risks of suicide and to fund suicide prevention activities around the world. This year marks the 17th year of World Suicide Prevention Day and we hope that the annual event continues to grow and evolve in the future. I wish to thank you all for the energy, creativity and dedication involved in putting these events together, and we look forward to reporting on them in the special edition WSPD newsletter.

This year marks the final year of the theme 'Working Together to Prevent Suicide'; it has been the running theme of WSPD since 2017. It emphasises an essential component to preventing suicide – collaboration. "Working together" is essential if we are to realise a vision of a world where fewer lives are lost through suicide.

Teamwork ensures that the work we do results in real change to the universal challenge of suicide. The theme is particularly fitting this year, as within a short number of days after WSPD, we will convene at our global event, the 30th IASP World Congress, which will take place from 17th-21st September 2019.

The IASP World Congress brings together a broad variety of perspectives from academics and practitioners across several disciplines. The Congress programme is filling up fast, with invigorating keynote sessions, panel discussions, symposia and workshops. The Congress will be a great opportunity to share knowledge, expertise and set up future collaborations amongst the delegates for research in emerging topics within the field of suicide prevention. The theme of the Congress, 'Breaking down Walls and Building Bridges', once again reinforces the importance for unification amongst us in our endeavour to prevent suicide.

The Congress will be held in Derry-Londonderry, Northern Ireland - a lively, welcoming city, steeped in history and tradition. With a fantastic social programme lined up for Congress delegates, I have no doubt that you will all enjoy experiencing the Celtic culture and discovering the fascinating heritage of this charming city. I look forward to meeting you all in Derry-Londonderry in September!

Murad Khan
IASP President

A TRIBUTE TO JAN MOKKENSTORM (1962-2019)

Members of the IASP Board and Central Administrative Office hereby would like to pay tribute to Dr Jan Mokkenstorm, MD PhD, who very sadly died on Monday 8th July 2019 at the age of 57 following an illness.

Jan Mokkenstorm has been very active in suicide prevention and research for more than two decades, and he was the founder of the 113 Suicide Prevention Service in The Netherlands, which was established just over 10 years ago. Jan was a pro-active member of the International Association for Suicide Prevention and the European Alliance Against Depression, and he contributed to many international conferences and meetings.

Jan's leadership and determination has had a major impact on policy development and implementation of suicide prevention programmes in The Netherlands and beyond. Jan had a unique and engaging approach towards communicating about suicide and mental health, which has been an inspiration for all of us. We will remember Jan as 'a man with a mission in suicide prevention'. We would like to convey all strength and support to Jan's family, colleagues and friends for now and in the future.

Members of the IASP Board and Central Administrative Office

In Memoriam Jan Mokkenstorm, MD, PhD



We've lost a dear friend and amazing champion in the mental health and suicide prevention fields. Jan Mokkenstorm (1962), Dutch psychiatrist, CEO and founder of 113 Suicide Prevention Lifeline in the Netherlands, died peacefully on Monday 8th of July in his home, surrounded by his family. Jan suffered from cancer since the summer of 2018.

Jan broke the taboo on suicide early on in his career by sharing his personal story of recovery. This personal experience, along with his clinical work, made him become a leader in "systematizing hope, support and healing for individuals suffering from suicidal thoughts", an effort he began over 20 years ago.

In 2009 he founded 113, which has developed into the Dutch platform for suicide prevention, research, training and implementation. A few years ago, Jan adopted a zero-approach to suicide prevention, and helped crafting the international Zero Suicides declaration he envisioned would lead to a tipping point. He completed his PhD in March of this year on his thesis, "On the road to zero suicides: Implementation studies" and was knighted in the Netherlands along the way.

Jan has shared the importance of his journey with many colleagues inside and outside the mental healthcare sector in the Netherlands and beyond. He was respected and loved by many around the world, and we will forever miss his inspiration, passion, sharpness and his conviction that "no one should die alone and in despair of suicide."

On behalf of the Board of Directors and the Management team at 113 Suicide Prevention,
Renske Gilissen (r.gilissen@113.nl)

(Photo by Merlijn Doornik)



WORKSHOP: SUICIDE PREVENTION IN INTERNATIONAL CONTEXT: PROGRESS AND CHALLENGES

At the 3rd IASP Caribbean Symposium on Suicide and Suicide Prevention, Professor Ella Arensman and Dr Aiysha Malik presented a workshop (3.5 hours) on the development and implementation of national suicide prevention programmes, which was attended by approximately 60 delegates.

The following specific objectives were covered:

- Overview of suicide prevention activities and national programmes following the publication of the Suicide Prevention: A Global Imperative (WHO, 2014),
- Challenges in developing and implementing national suicide prevention programmes, Approaches for increasing government support for the development and implementation of a national suicide prevention programme.

In addition, the workshop provided a platform for delegates to share experiences and obtain information regarding specific needs and requirements in developing and implementing national suicide prevention programmes.

In accordance with the WHO recommendations (WHO, 2014), the workshop underlined the importance of countries employing a multi-sectoral approach, which brings together different stakeholders, and which is based on their current resources and contexts.



Since the publication of the 2014 WHO Report on suicide prevention at global level, considerable progress has been made in countries initiating the development or implementation of national suicide prevention programmes. In 2015, the United Nations General Assembly adopted the Sustainable Development Goals (SDGs), which focus on what can be achieved by 2030. Target 3.4 is to reduce premature mortality from non-communicable diseases by one third, including suicide, by 2030 through prevention and treatment and the promotion of mental health and well-being.

Currently, approximately 40 countries at all income levels have adopted a national suicide prevention strategy, with some countries already developing or implementing further revision(s) of their national strategy. However, only a few low- and middle-income countries have adopted a national suicide prevention strategy, even though 79% of suicides occur in these countries.

On behalf of the Organising Committee of the 3rd IASP Caribbean Regional Symposium, I would like to share some highlights from the Symposium held in Trinidad May 2 – 4, 2019.

Our Symposium Partners CANPA, The University of the Southern Caribbean, the Trinidad & Tobago Association of Psychologists and the Association of Psychiatrists of Trinidad and Tobago along with our Sponsors: The Hilton, Guardian Life and Shell Trinidad & Tobago helped to make this a memorable 3 days. Our official delegate numbers reached 73, with delegates from 17 countries across the globe including: Australia, Bahamas, Belize, Canada, Grenada, Guyana, Jamaica, South Africa, St. Vincent & the Grenadines, Suriname, the Netherlands, UK and the USA. Over half of the delegates were from Trinidad and Tobago.



The Symposium opened with a passionate and provocative keynote address from Dr Leslie Ramsammy. Dr Ramsammy's presentation along with many other plenary and special lecture slides can be found on the following webpage: <https://iasp.info/trinidad2019/downloadable-abstract-book/>



The post-symposium feedback has been very positive and following on from such a successful symposium we hope to see many of the delegates again, some as soon as the World Congress in Derry September 2019.

Wendy Cliff

WORKSHOP: SURVEILLANCE OF SUICIDE, SUICIDE ATTEMPTS/SELF-HARM: CHALLENGES AND EVIDENCE BASED APPROACHES

At the 3rd IASP Caribbean Symposium on Suicide in Trinidad-Tobago, Professor Ella Arensman and Dr Aiysha Malik presented a 3-hour workshop on surveillance of suicide, suicide attempts/self-harm, which was attended by approximately 60 delegates. The workshop targeted policy makers, health professionals, data registration officers, researchers and statisticians working at general hospitals, university departments, research institutes, ministries of health, and nongovernmental organisations.



Following an introduction on relevant tools and resources from WHO, the following key aspects were covered: exploration of suicide registration procedures and surveillance systems internationally, challenges of suicide surveillance including recommendations, the benefits of real-time surveillance systems, terminology around suicidal behaviour, best practice criteria for establishing and maintaining suicide attempt/self-harm surveillance systems, and a guideline on implementing standard operating procedures, involving monitoring and cross-checking cases.

As part of the workshop, interactive vignette scenarios detailing potential presentations to emergency departments were rated in subgroups, aimed at improving effective decision-making in relation to the classification of suicidal behaviour in the acute setting. The workshop is supported by the World Health Organisation document on the surveillance of suicidal behaviour: Practice manual for establishing and maintaining surveillance systems for suicide attempts and self-harm, available at: http://apps.who.int/iris/bitstream/10665/208895/1/9789241549578_eng.pdf

This document has recently also been made available in the format of an E-Learning programme:

<https://suicideresearchpreventionlearning.com/?sfwd-courses=establishing-and-maintaining-surveillance-systems-for-suicide-attempts-and-self-harm>

UPDATE FROM INDIA:



Dr. Devjyoti Sharma recently conducted a lecture based on yoga psychotherapy for stress management, life skill dynamic meditation and gatekeeper training for suicide prevention on 24th June in the Army Public School Bhuj, India. The session was a great success and was enjoyed by the partaking 40 faculty members, who were awarded certificates for their participation.



A Yoga Psychotherapy Workshop for Anxiety, Depression & Stress Management and Lifeskills Dynamic Meditation Gatekeeper Training for Suicide Prevention was delivered at Gujarat University Ahmedabad on the 27th July. The workshop was carried out by Dr. Satija and colleagues from the Department of Economics, Kachchh University, the Department of Social Work, Gujarat University and the Om Foundation in the state of Gujarat, India.

A total of 130 students participated in the workshop and received specialised suicide prevention training, learning how to recognise specific warnings signs and help vulnerable individuals within their communities to overcome trauma and mental health issues. Government advocacy was represented by the workshop with the involvement of Gujarat State Mental Health Department.

A special thanks to Dr. Himanshu Pandya, Vice Chancellor of Gujarat University, Dr. Pradeep Prajapati, Dean of Arts, the Faculty of Commerce and the Head of MSW Department, Dr. Kalpana Satija, Head of Humanities Department, KSKV Kachchh University, Dr. Devjyoti Sharma, Founder of OM foundation and Dr. Ajay Chauhan, Nodal Officer of Gujarat State Mental Health Department.

WHO CONSULTATION ON IMPLEMENTING AND STRENGTHENING SUICIDE PREVENTION ACTIVITIES IN THE RUSSIAN FEDERATION

In late March, Professor Ella Arensman attended a 2-day consultation meeting in Moscow on implementing and strengthening suicide prevention activities in Russia, initiated by Dr Dan Chisholm, Programme Manager for Mental Health, WHO Regional Office for Europe and Dr Melita Vujnovoc, Director WHO Country Office Russian Federation. Representatives of several regions in Russia attended the meetings and steps have been agreed to strengthen suicide and self-harm surveillance, in particular:

- To establish a multicentre self-harm surveillance system (considering the size and diversity of the country) as the first step to suicide prevention. The process will start with piloting in three regions of the country. The exercise will be evaluated jointly by WHO, national collaborating centre and MOH and prepared as a methodological instruction (methodology) for expansion to other regions of the Russian Federation.
- To strengthen the self-harm surveillance system in Ural, Far Eastern and Northern Caucasus regions of the Russian Federation using the 'WHO practice manual for establishing and maintaining surveillance systems for suicide attempts and self-harm' to ensure that the regional surveillance systems are improved accordingly and in a standardized way.



The Ural Federal District of the Russian Federation unites the Sverdlovsk, Tyumen, Chelyabinsk, Kurgan regions, Khanty-Mansiysk and Yamalo-Nenets autonomous districts with a total population of 12,008,558 people. The second region to be involved is the Stavropol region. During the two-day meeting, Ella provided detailed information on WHO tools for strengthening suicide and self-harm monitoring and surveillance.

She also provided information on implementing national suicide prevention programmes and addressed the international evidence base.



**BREAKING
DOWN WALLS**
**BUILDING
BRIDGES**

17-21 September 2019

30th World Congress of the International
Association for Suicide Prevention
"Breaking Down Walls & Building Bridges"

In partnership with:



30th World Congress of the International Association for Suicide Prevention

Theme "Breaking Down Walls and Building Bridges"

 @iasp2019

Derry-Londonderry, Northern Ireland

17-21 September, 2019

Key Themes & Topics at IASP 2019 Include:

- Innovation in suicide prevention and treatment
- Suicide in context
- Suicide, trauma and conflict
- Suicide in the ageing population
- Suicide and self harm in young people
- Clinicians as survivors of suicide
- Psychological, psychosocial and pharmacological treatments of suicide risk
- The role of "big data" in suicide prevention
- Biological and genetic risk factors for suicide
- Stigma, mental health and suicide
- Postvention and lived experience
- Psychological and social risk factors for suicidal behaviour
- Public health approaches to suicide prevention

We are delighted to announce the presence of following keynote speakers:

Ella Arensman • Silvia Sara Canetto • Julie Cerel
Ying-Yeh Chen • Lai Fong Chan • Helen Christensen
Erminia Colucci • Annette Erlangsen • Madelyn Gould
David Gunnell • Georgie Harman • Keith Hawton
David A. Jobes • Nav Kapur • Murad Khan • Yutaka Motohashi
Thomas Niederkrotenthaler • Matthew K. Nock • Rory O'Connor
Michael R. Phillips • Jane Pirkis • Alexandra Pitman
Gwendolyn Portzky • Jo Robinson • Barbara Stanley
Ellen Townsend • Gustavo Turecki • Cornelis Van Heeringen
Lakshmi Vijayakumar



**BREAKING
DOWN WALLS**
**BUILDING
BRIDGES**

Visit www.iasp2019.com for more information.





World Suicide Prevention Day

Working Together to Prevent Suicide

September 10, 2019



International
Association
for
Suicide
Prevention

progress knowledge
opportunity
mentorship
prevention inclusion
together skills
awareness
resilience
evidence research
listen lead
nurture
training strategy
collaboration

WordItOut

Picture: Conocimiento, Progreso, Oportunidad, Tutoría, Inclusión, Prevención, Juntos, Habilidades, Conciencia, Resiliencia, Evidencia, Investigación, Escucha, Dirección, Educación, Estrategia, Formación, Colaboración.

Suicide prevention remains a universal challenge. Every year, suicide is among the top 20 leading causes of death globally for people of all ages. It is responsible for over 800,000 deaths, which equates to one suicide every 40 seconds.

Every life lost represents someone's partner, child, parent, friend or colleague. For each suicide approximately 135 people suffer intense grief or are otherwise affected. This amounts to 108 million people per year who are profoundly impacted by suicidal behaviour. Suicidal behaviour includes suicide, and also encompasses suicidal ideation and suicide attempts. For every suicide, 25 people make a suicide attempt and many more have serious thoughts of suicide.

Suicide is the result of a convergence of genetic, psychological, social and cultural and other risk factors, sometimes combined with experiences of trauma and loss. People who take their own lives represent a heterogeneous group, with unique, complex and multifaceted causal influences preceding their final act. Such heterogeneity presents challenges for suicide prevention experts. These challenges can be overcome by adopting a multilevel and cohesive approach to suicide prevention.

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. There are many things that you can do daily, and also on World Suicide Prevention Day (WSPD), to prevent suicidal behaviour. 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.

It takes work to prevent suicide. The positive benefits of this work are infinite and sustainable and can have a massive impact. The work can affect not only those in distress but also their loved ones, those working in the area and also society as a whole. We must endeavour to develop evidence based suicide prevention activities that reach those who are struggling in every part of the world.

Joining together is critical to preventing suicide. Preventing suicide requires the efforts of many. It takes family, friends, co-workers, community members, educators, religious leaders, healthcare professionals, political officials and governments. Suicide prevention requires integrative strategies that encompass work at the individual, systems and community level. Research suggests that suicide prevention efforts will be much more effective if they span multiple levels and incorporate multiple interventions. This requires the involvement of interventions that occur in communities and involve social and policy reforms, as well as interventions that are delivered directly to individuals. To reach our common goal in preventing suicidal behaviour we as the public, we as organisations, we as legislators and we as members of society must work collaboratively, in a coordinated fashion, using a multidisciplinary approach.



Everyone can make a contribution in preventing suicide. Suicidal behaviour is universal, knows no boundaries so it affects everyone. The millions of people affected each year by suicidal behaviour have exclusive insight and unique voices. Their experiences are invaluable for informing suicide prevention measures and influencing the provision of supports for suicidal people and those around them. The involvement of people with lived experience of suicide in research, evaluation and intervention should be central to the work of every organisation addressing suicidal behaviour.

Picture: Conocimiento, Progreso, Oportunidad, Tutoría, Inclusión, Prevención, Juntos, Habilidades, Conciencia, Resiliencia, Evidencia, Investigación, Escucha, Dirección, Educación, Estrategia, Formación, Colaboración.

This is the second year that the WSPD theme is **“Working Together to Prevent Suicide.”** This theme will also be used for WSPD 2020.

We have chosen this theme as it highlights the most essential ingredient for effective global suicide prevention- collaboration. We all have a role to play and together we can collectively address the challenges presented by suicidal behaviour in society today.

On September 10th, join with us and many others across the world who are playing their part in the prevention of suicide. Be sure to involve or invite other local organisations and collaborators to organise an event to mark WSPD 2019.

Ways to take part in WSPD 2019

This Tuesday September 10th, join with us and many others across the world who are playing their part in the prevention of suicide. To optimise your activities be sure to involve or invite other local organisations and collaborators to organise an event to mark WSPD 2019.



**International Association
for Suicide Prevention**

**World Suicide Prevention Day
Cycle Around the Globe**

can take part in groups, individually, at home, in the gym or anywhere! Please see <https://bit.ly/2UmCVbH> for more information.

Show your support by taking part in the annual IASP Cycle Around the Globe, in which we encourage our valiant participants to collectively cycle the globe! Participants

You can also take part in our Light a Candle event in which we invite participants to Light a Candle near a window at 8pm on WSPD as a symbol of support for suicide prevention, and for many it is a means of remembering a loved one. For more information, please visit: <https://bit.ly/2Uj8PWC>



Join us on social media Connect with us on Facebook ([facebook.com/IASPinfo](https://www.facebook.com/IASPinfo)) Twitter (twitter.com/IASP.info) and YouTube (<https://bit.ly/2HuJWUg>) to share your support of WSPD 2019. #wspd #suicideprevention #suicide



Download our WSPD materials

View WSPD 2019 Suggested Activities: <https://bit.ly/2SJXkpz>

Find WSPD Resources relating to the theme of Working Together to Prevent Suicide: <https://bit.ly/2TAwUev>

Access the WSPD 2019 Toolkit: <https://bit.ly/2UpOE9x>, and PowerPoint Presentation: <https://bit.ly/2HmLQX1>

Download our Light a Candle Postcard: <https://bit.ly/2Uj8PWC>

Find and share our WSPD Imagery available on our resources page at: <https://bit.ly/2IVkQAr>

Find out more at: <https://www.iasp.info/wspd2019/>

IASP is a Non-Governmental Organization concerned with suicide prevention, and dedicated to: preventing suicidal behaviour; alleviating its effects, and providing a forum for academics, mental health professionals, crisis workers, volunteers and suicide survivors.

“We, as members of the International Association for Suicide Prevention (IASP), have taken it upon ourselves to alleviate this human burden. What an enormous privilege; but also, what an enormous responsibility.”
Robert D. Goldney, IASP President of 1997-1999.

WORLD
MENTAL
HEALTH
DAY



World Mental Health Day

The survival of any movement or cause is the power it has behind it. Advocacy is described as the speaking, writing or acting in support of something. It is action to create change.

Twenty-seven years ago Richard Hunter, Deputy Secretary General of the World Federation for Mental Health (WFMH), came up with an idea to help put a spotlight on global mental health – an official day of recognition – World Mental Health Day. Since 1992 the WFMH has seen a simple idea explode into a yearly, world-wide celebration of every aspect of mental health and wellbeing. World Mental Health Day started with one person's dream to make a difference and became the world's largest movement for mental health reform, celebrated every year on October 10.

Every year the WFMH produces a campaign based on a specific theme – something that highlights everyday life and mental health struggles. We have promoted 24 topics and have reached many thousands of people around the world. It is a campaign for the people – we celebrate awareness for the global community in an empathetic way, with a unifying voice, helping those feel hopeful by empowering them to take action and create lasting change!

2019 is going to be a great year and an important theme. We are focusing on 'Mental Health Promotion and Suicide Prevention'. It is a topic that needs more attention, more funding, research and resources. The WFMH hopes that by *working together* with the IASP and other international groups – that we all be able to rise higher, speak louder and with one strong voice, demand change to stop the numbers from climbing. The WFMH Board and Staff are eager to work with such important players in the movement to end suicide. We intend to make this the first WMHDAY campaign that runs for a whole month - September 10 thru October 10 – a 4 week long awareness campaign for a topic that needs all of our attention. We hope you will join us and the many suicide prevention groups in making this the most successful suicide prevention awareness campaign ever!

Find us at –

 @WMHDAY1

 @WMHDay

 wfmh.global

 wmhday@wfmh.com

Suicide Prevention is Everybody's Business Five Minutes of Your Time Can Save a Life

THE CARIBBEAN VOICE

THE VOICE OF THE CARIBBEAN AT HOME AND ABROAD



This is The Caribbean Voice

The Caribbean Voice (TCV) launched our suicide prevention campaign in Guyana in 2014, in response to unverified statistics indicating that Guyana had the highest suicide rate globally. We developed a suicide prevention program that targeted the most significant risk factors, (i.e. sexual, child, domestic and substance abuse) in a holistic, evidence based approach to suicide prevention. The five pillars of our work are research and information dissemination; awareness building and training; advocacy and lobbying; fostering stakeholders collaboration for social activism and counseling intervention.

Activism Highlights:

✚ The Annual 'National Anti-Violence Candlelight Vigil' launched in September 2016 to mark World Suicide Prevention Day. Over 1000 vigils have been held across Guyana to date. This vigil has also been held in some parts of the US and Canada, as well as in St. Vincent. This year it will be launched in Trinidad & Tobago, Jamaica and possibly Barbados.

✚ The first National Stakeholders' Conference on Suicide & Related Issues in Guyana in August 2015.

✚ The Annual '16 Days of Activism against Gender Based Violence' observance was launched in Guyana in 2018 and focuses on providing a voice for victims. Expected to be launched in various Caribbean nations and North America this year.

✚ Finalisation of a National Domestic Violence Campaign and a Lay Counselor Training Program to be launched in 2020.

✚ The delivery of ongoing mental health workshops and outreaches (inclusive of suicide and abuse prevention) across Guyana, which have reached over 3000 individuals so far.

✚ Advocacy and Lobbying Efforts: a suicide prevention helpline (established in 2015); a psychology program delivered at the University of Guyana (recently set up); integrating mental health care into the current primary health care system (commenced under the previous government); an ongoing petition to establish a registry of sex offenders (soon to be established), placement of counselors in schools (promised by the government); the decriminalisation of attempted suicide (bill was presented in parliament in 2016 but voted down by the government, who have promised to strike the law off the books); a Gatekeepers' Program to train lay counselors (promised by the government).

✚ Information Dissemination: five surveys held in Guyana to gather primary material; a weekly, two hour Facebook Live program, *The Mind Body Connection*, which has a global reach and which is also reproduced on Youtube; a social media (7 different accounts) presence reaching over 200,000 individuals monthly; letters, articles and interviews in the Caribbean and internationally, including Vice News, NYC Daily News, ITV, BBC and Al Jazeera.

✚ A one-year turnaround project for a high needs, low performing school on the East Coast Demerara, Guyana. The components of this project include teacher training (both professional and mental health); library and computer lab set-up; the expansion of the sports program, as well as the establishment of drama, art and robotics programs; introduction of peer-mediation, mentoring, counselling and field trip programs, as well as parent and student associations. This project is being considered as a pilot for other schools, due to the focus on children and young people, who are the population most at risk of suicide and self-harm in Guyana.

✚ A program that involves distributing medical and consumer supplies to communities and individuals in need, with hundreds already helped.

✚ An ongoing counselling program that has handled over 450 successful cases since its launch in 2014. While the majority of cases are from Guyana, we have also reached individuals from over 20 other nations.

✚ The establishment of a steering committee in Trinidad & Tobago to work towards our official launch there in 2020. Meanwhile, we will be collaborating with other stakeholders there to organise a national suicide prevention conference, launch gatekeeper and train-the-trainer programs and complete a regional Caribbean survey based on suicide.

✚ In the US, we also engage in information dissemination across many platforms as well as counselling services. We are currently planning two suicide prevention conferences for next year in New York City, as well as a survey based on suicide among the Caribbean population in the US. Next year we will also be launching our workshops in the US.

✚ All our services are pro-bono and all our members are unpaid volunteers. A self-funded NGO that raise funds through a series of Concerts for Hope, TCV is a registered not for profit, with tax-exempt status in the US and Guyana. We have already begun working towards a similar status in Trinidad & Tobago. In the coming years we plan to launch in Jamaica and other Caribbean nations.

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CYCLE AROUND THE GLOBE 2019



When

10th SEPTEMBER 2019 –
10th OCTOBER 2019

REGISTRATION OPENS

August 2019

Where

AT HOME
IN THE GYM
AT WORK
AS PART OF A RACE
ON HOLIDAY
ANYWHERE!

Cost

NOTHING. BUT WE WOULD LOVE IT IF YOU WOULD FUNDRAISE FOR US. HOW ABOUT A STARTING DONATION ON REGISTRATION. FUNDS RAISED WILL GO TOWARDS OUR VITAL WORK ON SUICIDE PREVENTION ACTIVITIES AROUND THE WORLD. FOR MORE INFORMATION, HEAD TO:

<https://www.iasp.info/wspd2019/activities/>

The Challenge

In support of World Suicide Prevention Day contribute any distance on any route to help us collectively... Cycle Around the Globe raising awareness of suicide.

The Purpose

Every year, suicide is among the top 20 leading causes of death globally for people of all ages. It is responsible annually for almost 800,000 deaths, which equates to one suicide every 40 seconds. A majority (75%) of suicide deaths worldwide occur in lower and middle income countries.

IASP's Cycle Around the Globe Campaign supports community-based suicide prevention activities in lower and middle income countries. Activities that aim to help communities recognize suicidal feeling and support those in distress to seek help and avert a tragedy. This campaign is about finding mechanisms to spread the message exponentially into areas where there is limited knowledge of these life/death issues.

We want our global community to engage with each other and to join together to spread awareness of suicide prevention. So please, cycle any distance on any road, track or gym and help us work together to prevent suicide.



World Suicide
Prevention Day
Cycle Around
the Globe



<https://www.charityfootprints.com/iasp>

An event run by the International Association for Suicide Prevention

