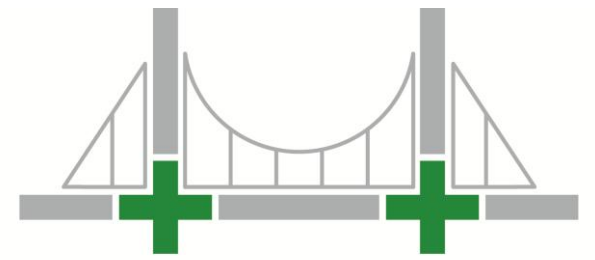


World Suicide Prevention Day 2026 Toolkit



Community Pharmacy
H U M B E R



BROUGHT TO YOU BY HUMBER LPC: THIS TOOLKIT AIMS TO BRING TOGETHER NATIONAL AND LOCAL WSPD INFORMATION AND RESOURCES INTO ONE PLACE.

The campaign

*If you're
struggling with
suicidal
feelings, you
don't have to
face it alone.*



CHANGING THE NARRATIVE ON SUICIDE

World Suicide Prevention Day
10 September



World Suicide Prevention Day takes place on 10 September, aiming to raise awareness about suicide, reduce stigma, and promote actionable support for those affected.

It is a moment for us to pause and remember that behind every statistic is a person. And the families, friends and communities around them.

The overarching theme spanning 2024 to 2026 is “**Changing the Narrative on Suicide**,” focusing on promoting understanding, breaking the culture of silence, and fostering supportive conversations around suicide.

Preventing suicide requires a shared, whole-system approach recognising the factors that can contribute to suicide, supporting people to stay mentally well and ensuring help is available when it is needed.

Local links to Suicide Support



**Hull & East
Yorkshire Mind**

<https://heywind.org.uk/>



Talk Suicide

<https://talksuicide.co.uk/need-support/>



Live Well Hull

<https://www.livewellhull.org.uk/stay-healthy/suicide-prevention>



**H.A.Y
Lincolnshire**

<https://haylincolnshire.co.uk/suicide-prevention/>



**Healthy Minds
East Riding**

<https://www.eastridinghealthandwellbeing.co.uk/healthy-minds/healthy-minds-in-east-riding/>

For more local support, resources, and contacts, please view the local toolkits and websites on the next page.

Resource Packs, Toolkits & Newsletters

Hull & ERoY joint campaign page

To 'start the conversation' for this year's global campaign on a local level, East Riding of Yorkshire Council and Hull City Council is coming together with partners across the region.

We are **united** in our aim to change the narrative around suicide prevention.

We want everyone to feel more confident in supporting someone who may be thinking about suicide – and help break the taboo around talking openly about suicide.

Suicide prevention is everyone's business – we want our residents and staff to know that you don't need to be a trained professional to have a conversation with someone.

On this page, you'll find:

- Common myths surrounding suicide prevention
- Local services and organisations
- Festival of Hope event
- Useful resources
- Partners

Visit the joint campaign page:

[World Suicide Prevention Day | East Riding and Hull](#)

Mind Resource Pack

In this pack, you'll find:

- Information and statistics on suicide
- Advice on getting support
- Ideas for raising awareness in your organisation
- Copy and assets to use internally and externally

[Mind Resource Pack pdf](#)

Public Health North Lincolnshire

WSPD newsletter page

On this newsletter page, you'll find:

- Guidance on the use of language
- Spotting the signs & supporting someone
- Safety Planning/Looking after yourself
- WSPD Programme of events 2026
- How you can get involved
- Local and national Support

[NL Newsletter page](#)

We are
United.
**For suicide
prevention**

World Suicide Prevention Day
Thursday, 10 September 2026

Other useful links

Support:

Links & Resources:

Samaritans:

www.samaritans.org

[World Suicide Prevention Day PDF](#)

Mind:

www.mind.org.uk

[Mind Resource Pack pdf](#)

International
Association for Suicide
Prevention:

www.iasp.info/wspd/

<https://www.iasp.info/wspd/resources/>

Mental Health First Aid
England:

mhfaengland.org/

<https://mhfaengland.org/media/pellas23/suicide-lets-talk-poster.pdf>

Mental Health
Foundation:

www.mentalhealth.org.uk/

<https://www.mentalhealth.org.uk/our-work/public-engagement/suicide-prevention>

NHS Help for suicidal
thoughts:

<https://www.nhs.uk/>

<https://111.nhs.uk/guided-entry/mental-health-help>

Contacts



Call **116 123**



Call **0800 585 858**



Call **0800 068 4141**



Call **0808 808 4000**



Call **0800 2000 247**



Call **0800 678 1602**



Call **0300 123 2293**



Call **0800 8020 133**



Call **0800 917 7650**



Call **0300 123 6600**



Call **0800 1111**

Share your content!

Suicide prevention is everyone's business. Every life lost to suicide has a profound and lasting impact on families, friends, colleagues and wider communities.

WSPD is a fantastic opportunity for Community Pharmacies to promote and create awareness within their HLP Wellbeing Zones.

Please share your content or local case studies on our HLP Facebook page:

<https://www.facebook.com/groups/HumberHLPs>

Hashtags:

#WorldSuicidePreventionDay / #WSPD / #WSPD2026
#StartTheConversation / #SuicideIsEveryonesBusiness /
#ChangingTheNarrative / #SuicidePrevention

Light a Candle banners are available to download in several languages from the iasp website below:

<https://www.iasp.info/wspd/lightacandle/>

The Festival of Hope begins on WSPD and runs until the 15th of September. [See full event details here.](#)



**If you're
having suicidal
thoughts,
talk to
Samaritans.**

Call free on
116 123

SAMARITANS

A registered charity



**WORLD SUICIDE
PREVENTION DAY**

On september 10th

light a candle near a window at 8pm

to show your support for suicide prevention

to remember a lost loved one

and for the survivors of suicide

www.iasp.info/wspd

IASP