



Worldwide, nearly **800 000 deaths a year** are caused by suicide which is one death every 40 seconds.¹

On average a **single suicide** affects a minimum of **six persons**.²

Families are often affected by suicide, sometimes over multiple generations.



Worldwide, suicide is the **second leading cause** of death in **15 to 29 year olds**.¹ This means a mother or father losing their son or daughter prematurely.

To reduce suicide risk and improve mental health EUFAMI recommends:

Isolation and discrimination of individuals addressed by:

- Protecting and developing **community and family settings**.
- Promoting employment or **re-integration into the workforce**.
- Innovative and tangible **anti-stigma campaigns** in places such as schools and workplaces.

Physical and mental health promoted by:

- Building **psycho-social capabilities, healthy lifestyle and firmly based family, school and work structures** for all citizens.
- Special prevention and education programmes.

Media is informed about national and international codes of practice regarding the reporting of suicide, and is **aware of the implications of careless reporting on families**.



Policy makers are aware that a public health approach is needed,

at national level, to define **policies, guidelines and programmes** for the prevention of suicide, health promotion and for appropriate services focused on families affected by suicide and attempted suicide.

Research be supported to increase knowledge on the complex interplay between **risk and protective factors** amongst different individuals and population groups. Research should also look into the effectiveness and efficacy of **mechanisms of health promotion and suicide prevention**.³



Sources:1. WHO 2. American Association of Suicidology 3. EUFAMI

If you are thinking of suicide or are in immediate danger, please contact your local emergency services, your doctor and/or your nearest mental health crisis center. Families impacted by suicide can find further information and support by approaching one of the EUFAMI member organisations.

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