



# “Beat Depression-Talk about it”

## World Suicide Prevention across the Globe

**Makro Foundation (MaFo)** is promoting “*Suicide Prevention Strengthening Protective Factors and Instilling Hope*”, to mark the worldwide commitment and action to prevent suicide by organizing a weeklong awareness program “1st September 2012 - 10th September 2012” to mark the World Suicide Prevention Day on 10 September 2012.

Every year, almost one million people die from suicide; a "global" mortality rate of 16 per 100,000, or one death every 40 seconds.

### **Facts about Suicide - According to National Crime Records bureau 2011:**

- 16 Suicides took place every hour.
- More than one lakh persons (1,35,585) in the country lost their lives by committing suicide during the year 2011
- Andhra Pradesh has reported 11.1% of Suicides in the Country being 4th Position in Suicide Deaths.
- West Bengal (12.2%), Maharashtra and Tamil Nadu (11.8% each), Andhra Pradesh (11.1%) and Karnataka (9.3%) , altogether contributed 56.2% of total suicide.
- 241 Suicides by Male per day and 131 Suicides by Female per day.
- 140 Suicides per day in the age group 0-29 years.
- 127 Suicides per day in the age group 30-44 years
- 105 Suicides per day in the age group 45 years & above

Suicide prevention is about supporting the development of coping skills and resiliency, and it's about reconnecting to our culture, our families, our communities, and ourselves. Restriction of access to means of suicide, such as toxic substances and firearms, identification and management of persons suffering from mental and substance use disorders, improved access to health and social services, and responsible reporting of suicide by the media are effective strategies for the prevention of suicide

World Suicide Prevention Day is marked globally on September 10 each year. The international theme for 2012 is "Suicide Prevention across the Globe: Strengthening Protective Factors and Instilling Hope". It is more than a day about suicide prevention. It is a day to love life, change for life, celebrate life, take a step to save live, value life.

The event is planned in two phases:

- 1) Online Event to Promote “Suicide is preventable”.
- 2) Outdoor Events to raise awareness about Depression, Suicide and its Prevention.

**Outcome:** The series of events is organized is to raise awareness through Collaboration and partnerships between communities, practitioners, research and industry about suicide being a major preventable cause of premature death.