**Suicide Prevention Week Email 2: World Suicide Prevention Day**

**World Suicide Prevention Day**

The theme of World Suicide Prevention Day is “working together to prevent suicide”. Preventing suicide is truly a community effort that involves families, friends, co-workers, employers, organizations and whole communities working together.

On World Suicide Prevention Day you can join others around the globe in showing your support for suicide prevention. Here’s how:

* [Take a minute](https://www.iasp.info/wspd2019/take-a-minute/) to reach out to someone in your life or your community, start a conversation if you notice something is different. Find out what is available in your community to help both yourself and others.

* [Light a candle](https://www.iasp.info/wspd2019/light-a-candle/) near a window at 8pm to show your support, remember a lost loved one, and for the survivors of suicide. [Click here](https://www.iasp.info/wspd2019/light-a-candle/#postcard) to find e-cards or postcards in 62 languages.
* Share a link to the [World Suicide Prevention Day web site](https://www.iasp.info/wspd2019/), and add the [World Suicide Prevention Day banner](https://www.iasp.info/wspd2019/wspd-banners/) to your communications today.

During Suicide Prevention Week in the U.S., thousands of individuals and organizations join together to support suicide prevention by engaging in a range of activities, from sharing on social media to hosting community events. The theme for the 2019 Each Mind Matters Suicide Prevention Week Toolkit is ***Finding Purpose- Taking Care of Ourselves and Others***. This theme reflects both a focus on the power of protective factors, as well as the role we all play in preventing suicide.