

World Mental Health Day 2019: Focus on suicide prevention

Get the facts: Here's the latest information on death by suicide

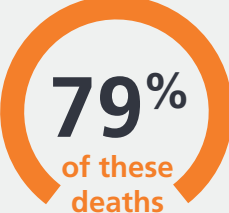
2ND
LEADING CAUSE
OF DEATH
among
people
ages **15-29**



800,000
DEATHS
every year
1 death every
40
seconds



79%
of these
deaths
occur in low- and
middle-income
countries



55% more deaths
this way than from war
and homicide, combined



About mental illness

Characterized as a condition that influences an individual's thoughts, feelings or mood, mental illness is more common than people may think. Globally, about 300 million people are affected by depression and around 60 million people live with bipolar affective disorder. Many face stigma and discrimination because of their illness.

Addressing stigma

Stigma can make the challenges of mental illness more difficult. People may have incorrect notions about a person with mental illness. This can make it harder for a person who has mental illness to make friends, maintain work, and find a place to live. They may also feel ashamed and isolated. This fear of stigma can deter people from seeking treatment.

World Mental Health Day

Observed on October 10th every year, the goal of World Mental Health Day is to get as many people as possible around the world talking about mental health. By joining together on one day, the hope is to break the silence that often surrounds mental health issues, and show that talking about this once-taboo issue doesn't need to be hard. Doing so will help lighten the burden of mental illness for the millions who suffer from it.

Let's talk about suicide prevention

A tragic and growing problem, death by suicide affects people from all walks of life. Sadly, people don't want to talk about it — or they may not know how to talk about it. Often, people who are contemplating suicide are too ashamed or embarrassed to reach out for help. And their loved ones may not know how to help or what to say.

World Mental Health Day October 10th, 2019

- World Mental Health Day is observed on October 10th every year.
 - The objective is to raise awareness of mental health issues.
 - Did you know that helpful resources, articles and information on suicide prevention are available on Live and Work Well?
-

Live and Work Well

With a range of resources including relevant information and articles written by leading experts on suicide prevention, Live and Work Well offers help in difficult times.

Need more support?

Call your Employee Assistance Program (EAP), available 24/7. If you or someone you know is thinking about suicide, get help right away. Contact your local emergency services.

To learn more about World Mental Health Day, visit

<https://www.who.int/news-room/events/detail/2019/10/10/default-calendar/world-mental-health-day-2019-focus-on-suicide-prevention>

Sources:

World Health Organization. Mental disorders. who.int/mental_health/management/en/. Accessed September 28, 2017. World Health Organization. Mental disorder fact sheet. who.int/mediacentre/factsheets/fs396/en/. Accessed September 28, 2017. Centers for Disease Control and Prevention. Stigma and mental illness. cdc.gov/mentalhealth/basics/stigma-illness.htm. Accessed September 28, 2017.

National Alliance on Mental Illness. Mental health conditions. nami.org/Learn-More/Mental-Health-Conditions. Accessed September 28, 2017. Substance Abuse and Mental Health Services Administration.

Peer support and social inclusion. samhsa.gov/recovery/peer-support-social-inclusion. Accessed September 28, 2017.

Awareness Days UK. World Mental Health Day 2017. awarenessdays.com/awareness-days-calendar/world-mental-health-day-2017/. Accessed September 28, 2017.



11000 Optum Circle, Eden Prairie, MN 55344

Optum® is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other brand or product names are trademarks or registered marks of the property of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer.

© 2019 Optum, Inc. All rights reserved. WF729505 85517-072019