

Suicide Awareness Day



Available in ENG, JP, VN, YUE, ZHS

Established in 2003, World Suicide Prevention Day (WSPD) is observed each year on September 10th. It draws attention to the critical issue of suicide, aims to reduce stigma, and raises awareness among organisations, governments, and the public.

How to use: Copy the text below and attach the image as shown. Edit the text in red and delete the yellow highlighted text. Send over chat (e.g. Teams, Slack, etc.) to your whole organisation. You may also include this in your company-wide newsletter.

Suggested send date: 10 September 2024

ENG

Copy	Images to attach
<p> This Suicide Awareness Day, we're emphasising the need to change how we talk about and understand suicide. This year's theme, Changing the Narrative, focuses on moving from silence and stigma to openness, understanding, and support.</p> <p>It's natural to feel anxious about asking someone if they're suicidal, but that conversation could save someone's life. Our wellbeing benefit, Intellect, encourages you to start making a difference today.</p> <p>Looking for a safe and supportive space? Speaking with an Intellect professional can help you navigate difficult emotions, develop coping strategies, and set achievable goals. Book a session today from the Care tab.</p> <p>If you haven't already, head over to Intellect Web (please hyperlink here) on your desktop, sign up with your work email address and use the code [CODE]/ continue with SSO (delete the non-applicable one) to create an account or log in.</p>	<p>Select either the PNG version or GIF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version GIF version</p>  <p>The graphic features the Intellect logo at the top left. The main heading reads "Make a difference this Suicide Awareness Day". Below this are four action items, each with an icon and a brief description:</p> <ul style="list-style-type: none">Start the conversation: Encourage open and honest conversations about mental health in your social circles to break the stigma associated with suicide. (Icon: Two hands shaking with a heart above them)Raise awareness on social media: Use your social platforms to share resources, personal stories, and supportive messages. (Icon: A hand pointing up)Reach out and listen: Check in on friends, family, and colleagues. Sometimes, just being there to listen can make a huge difference. (Icon: Two speech bubbles)Wear a suicide prevention ribbon: Show your support by wearing a ribbon or other symbols that signify suicide prevention awareness. (Icon: A person's head and shoulders with a yellow ribbon around their neck) <p>At the bottom, a yellow banner contains the text: "Book a session with an Intellect professional today to start making a difference." Below this banner is a blue button with the text "app.intellect.co".</p>

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JP

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<p>🔗 9月10日～16日は「自殺予防週間」です。今月Intellectは自殺に関する理解と予防支援の必要性に焦点を当てています。</p> <p>誰かに自殺願望があるかを尋ねることに不安を感じるかもしれません。ですが、その会話が誰かの命を救う場合もあります。福利厚生サービス「Intellect」は、あなたが今日から変化を起こすことを応援します。</p> <p>安心してサポートを受けられる場所をお探しですか？Intellectの専門家と話すことで、困難な感情に立ち向かい、対処戦略を立て、達成可能な目標を設定することができます。今すぐ「セッション」タブからご予約ください。</p> <p>まだの方は、デスクトップからIntellect Web (please hyperlink here) にアクセスし、勤務先のメールアドレスでサインアップして、[CODE]/ continue with SSO (delete the non-applicable one) というコードを使用してアカウントを作成、またはログインしてください。</p>	<p>Select either the PNG version or GIF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version GIF version</p> <div data-bbox="1108 825 1902 1822"><p>The graphic features the Intellect logo at the top, followed by the title '自殺対策支援 変化を起こそう' (Suicide Prevention Support: Let's Create Change). Below the title are four circular icons with corresponding text: 1. '会話を始めよう' (Start conversations) with an icon of two hands shaking, text: '自殺にまつわる偏見をなくすために、自分の周囲でメンタルヘルスについてオープンな場で素直に話し合ってみましょう。'; 2. 'ソーシャルメディアで意識を高める' (Raise awareness on social media) with an icon of a hand pointing up, text: 'SNSを利用して、リソース、体験談、支援メッセージをシェアしましょう。'; 3. '手を差し伸べ、耳を傾ける' (Reach out and listen) with an icon of two speech bubbles, text: '友人、家族、同僚に声をかけましょう。話を聞いてあげるだけで、大きな変化につながる可能性があります。'; 4. 'シンボルやリボンを身につける' (Wear symbols or ribbons) with an icon of a person's head and shoulders, text: '自殺対策の意識を示すリボンやその他のシンボルを身につけて、支援を表明しましょう。' At the bottom, a yellow banner contains the text 'Intellectのプロフェッショナルとのセッションを今すぐご予約ください。' and a blue button with 'app.intellect.co'.</p></div>

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VN

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<p> Ngày Nhận thức về Tự tử này, chúng tôi đang nhấn mạnh nhu cầu để thay đổi cách mà chúng ta nói và hiểu về tự tử. Chủ đề năm nay là Thay đổi Niềm tin, nó tập trung vào việc chuyển từ sự im lặng và định kiến sang sự cởi mở, thấu hiểu và hỗ trợ.</p> <p>Rất tự nhiên để ta cảm thấy lo lắng khi hỏi một ai đó xem họ có ý định tử tự hay không, nhưng cuộc trò chuyện đó có thể cứu sống họ. Phúc lợi sức khoẻ của chúng ta là Intellect khuyến khích bạn bắt đầu tạo ra sự khác biệt ngay hôm nay.</p> <p>Bạn đang tìm kiếm một không gian an toàn và có tính hỗ trợ? Việc trò chuyện với một chuyên gia của Intellect có thể giúp bạn điều hướng những cảm xúc khó khăn, phát triển những chiến lược ứng phó, và thiết lập những mục tiêu khả thi. Hãy đặt lịch một phiên ngay hôm nay trong mục Chăm sóc.</p> <p>Nếu bạn chưa làm điều đó, hãy ghé thăm trang web của Intellect (please hyperlink here) trên máy tính để bàn của bạn, đăng ký bằng địa chỉ email công việc và sử dụng mã [CODE]/ tiếp tục với SSO (delete the non-applicable one) để tạo một tài khoản hoặc đăng nhập.</p>	<p>Select either the PNG version or GIF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version GIF version</p> 

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YUE

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<p> 今年的防止自殺日，我們強調需要改變我們談論和理解自殺的方式。今年的主題是「改變敘事」，重點是從沉默和污名化轉向開放、理解和支持。</p> <p>對於詢問某人是否有自殺傾向而感到焦慮是很自然的，但這樣的對話可能會挽救某人的生命。我們的健康福利夥伴，Intellect，鼓勵您今天就開始做出改變。</p> <p>在尋找一個安全且支持的空間嗎？與 Intellect 專業人士交談可以幫助您應對困難情緒，制定應對策略，並設立可實現的目標。今天就從「關懷」頁面預約一個會談吧。</p> <p>如果您還沒有建立帳戶或登入，使用您的電腦桌面上前往 Intellect 網站 (please hyperlink here)，使用您的工作電子郵件地址註冊並 使用代碼 [CODE]/ 繼續SSO (delete the non-applicable one) 建立帳戶或登入。</p>	<p>Select either the PNG version or GIF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version GIF version</p> 

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ZHS

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<p> 今年的防止自杀日，我们想要强调的是我们需要改变我们谈论和理解自杀的方式。今年的主题是“改变叙事”，重点是从沉默和污名化转向开放、理解和支持。</p> <p>询问某人是否有自杀倾向时，我们感到焦虑是很自然的，但这种谈话可能会挽救某人的生命。我们的身心健康福利伙伴Intellect，鼓励您从今天开始做出改变。</p> <p>在寻找一个安全且有支持性的空间？与Intellect专业人士交谈可以帮助您y应对困难情绪、制定应对策略并设立可实现的目标。今天就从“关怀”页面预约会一次会谈吧。</p> <p>如果您还没有建立帐户或登入，请使用您的电脑桌面上前往Intellect 网站 (请在这里插入超链接)，使用您的工作电子邮件地址注册并使用代码 [CODE]/ 使用SSO来继续 (删除不适用的一项) 建立帐户或登入。</p>	<p>Select either the PNG version or GIF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version GIF version</p>  <p>The graphic features the Intellect logo at the top. Below it is the title '在这个防止自杀日做出改变'. There are four main sections, each with an icon and text: 1. '开始对话' (Start the conversation) with a heart and hands icon, encouraging open discussion of mental health. 2. '在社交媒体上提高意识' (Raise awareness on social media) with a hand pointing icon, encouraging sharing resources and stories. 3. '伸出援手并聆听' (Offer help and listen) with a speech bubble icon, encouraging care for friends and family. 4. '佩戴防自杀丝带' (Wear a suicide prevention ribbon) with a person icon, encouraging wearing a ribbon as a symbol of support. At the bottom, a yellow bar contains the text '今天就与 Intellect 专业人士预约会谈来做出改变。' and a button with the URL 'app.intellect.co'.</p>