

World Suicide Prevention Day 2025 – Change the Narrative.

Too many young lives are lost to suicide, and it's getting worse!

Youth suicide rates are increasing in North America, Central and Southern America, Asia and Oceania.¹ In Europe, youth suicide rates have declined in some, but not all, countries.

Suicide is now the third leading cause of death for people aged 15-29 years worldwide.²

Each year, crisis and child helplines receive more than a million contacts from young people experiencing suicidal thoughts and suicide attempts. Families and communities are devastated by every youth suicide.

And now, there is the increasing threat of AI as an exacerbator of harms to the vulnerable.

The WHO reports that 73% of global suicides occur in low-and middle-income countries. These countries are home for 90% of the world's adolescents. Further research is needed to understand the drivers and causes underlying these rates of suicide.

The Sustainable Development Goal 3, with the target to reduce suicides by 30% by 2030 will not be achieved without greater attention to younger people in suicide prevention.

Children and young people in every country and every community have a right to immediate support in times of despair. They deserve to live their lives with support, understanding and respect.

Crisis Helplines and Child Helplines are available in over 130 countries to enable younger people to connect with a trained listener through voice, online chat or text. These services can prevent suicides. They provide relief for a person in distress and create safety pathways towards better outcomes.³

We call upon Governments and donors to invest in crisis helplines and child helpline services now, and raise awareness to reduce the barriers, and the shame and stigma of seeking help.

Real change is needed to save lives! Together we can change the narrative



If you or someone you know are seeking help, the following resources are available:

Find a Helpline	https://findahelpline.com/
Befrienders Worldwide	https://befrienders.org/
Child Helplines International	https://childhelplineinternational.org/
IFOTES	https://www.ifotes.org/en
LifeLine International	https://lifeline-international.com/
988 USA	https://988lifeline.org/

References:

1. Bertuccio, P., Amerio, A., Grande, E. et al. 2024. Global trends in youth suicide from 1990 to 2020. The Lancet. <https://doi.org/10.1016/j.eclinm.2024.10250>
2. World Health Organization <https://www.who.int/news-room/fact-sheets/detail/suicide>
3. Crisis Support Services - Evidence Guide and Position Statement. https://lifeline-international.com/app/uploads/2024/10/What-Are-Crisis-Support-Services_October-2024.pdf

