







## Preventing suicide in Lebanon

### Much can be done with whole-of-society approach

# Suicide is a serious matter that needs immediate attention and action.



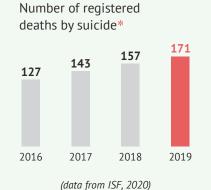
Suicide can be the result of:

- A mental health condition (like depression, psychosis, or bipolar disorder).
- Severe emotional distress resulting from a crisis (economic, social, interpersonal, or other) without the presence of any pre-existing mental health condition necessarily.



Every **40 seconds**, we lose someone to suicide in the **world**. Every **2.1 days**, we lose someone to suicide in **Lebanon** (*estimate*).\*

#### **Key statistics in Lebanon:**





In students aged 13 to 17 years old:



**13.5%** seriously considered attempting suicide



**8.5%** made a plan for suicide attempt



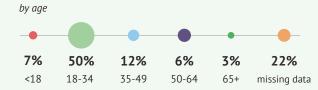


**9.7%** attempted suicide one or more times

7 782

calls received since Feb 2018 to the national suicide prevention hotline, 1564-Embrace Lifeline.







**194%** increase in calls between 2019 and 2020.



of callers reported having suicide ideation or were attempting suicide during the call.



of callers reported struggling with emotional distress.

<sup>\*</sup> This number does not reflect the rate of deaths by suicide due to under-reporting because of stigma and limited surveillance system.

#### WHAT NEEDS TO BE DONE?





Restricting access to means of suicide

Ensuring sustainable funding to increase access to quality affordable mental health care

Enhancing responsible media reporting to prevent imitative suicide and raise awareness

Helping young people develop skills to cope with life's pressures (school-based interventions)

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Fighting the stigma

Addressing social determinants such as poverty, unemployment, education, violence, and abuse, etc.

Strengthening the monitoring and surveillance system for suicide

#### WHAT HAS BEEN DONE IN LEBANON?

Increasing access to **quality affordable** mental health services

Capacity-building of health workers on early identification and management of mental disorders and suicide risk

As part of the implementation of the first

National Mental

Health Strategy for

Lebanon (2015-2020):

Mental health and suicide awareness campaigns

National hotline for emotional support and suicide prevention "1564 Embrace Lifeline"

Decreasing suicide is a target of the **2030 sustainable development agenda** and the global mental health action plan. If not addressed, suicide has huge impact on individuals, families, societies, and humanity as a whole.

References: 1. WHO (2013). Suicide prevention framework. 2. WHO (2014). Preventing Suicide: a global imperative. 3. WHO (2018). National suicide prevention strategies. 4. MOPH (2015). Mental Health and Substance Use -Prevention, Promotion and Treatment - Strategy for Lebanon 2015-2020. 5. Global School-based Health Survey in Lebanon (2017).







