

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.



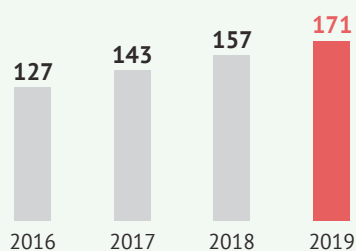
Every **40 seconds**, we lose someone to suicide in the **world**.

Every **2.1 days**, we lose someone to suicide in **Lebanon** (estimate).*

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

Key statistics in Lebanon:

Number of registered deaths by suicide*



(data from ISF, 2020)



In students
aged 13 to 17 years old:

(data from GSHS, 2017)



13.5%
seriously considered
attempting suicide



8.5%
made a plan
for suicide attempt



9.7%
attempted suicide
one or more times

7 782

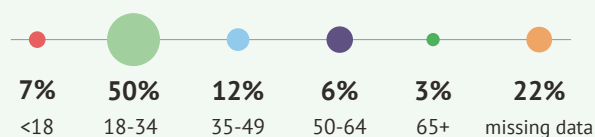


calls received since Feb 2018 to the national suicide prevention hotline, 1564-Embrace Lifeline.

by sex



by age



194%
increase in calls
between 2019 and 2020.



32%
of callers reported having suicide
ideation or were attempting suicide
during the call.



65%
of callers reported
struggling with
emotional distress.

(data from the national hotline for emotional support and suicide prevention 1564-Embrace Lifeline, Feb 2018 - Aug 2020)

WHAT NEEDS TO BE DONE?

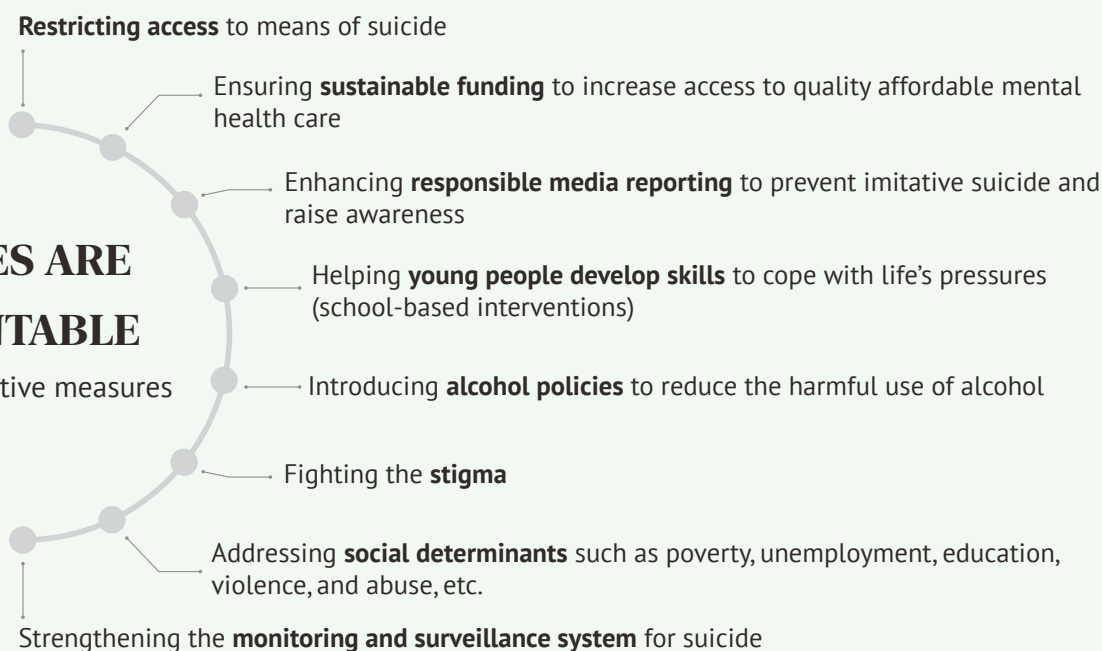


A comprehensive multisectorial approach is key:

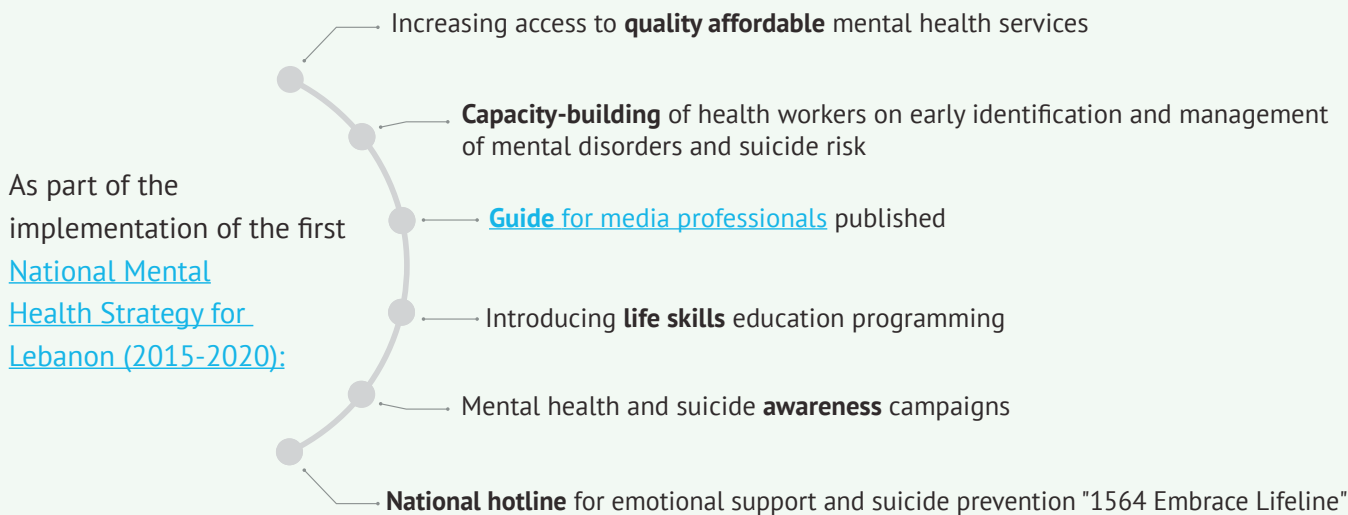


SUICIDES ARE PREVENTABLE

through effective measures



WHAT HAS BEEN DONE IN LEBANON?



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).