

“...WHO EVER SAVES  
A LIFE, IT WILL BE  
AS IF THEY SAVED  
ALL OF HUMANITY...”

(QUR'AN 5:32)



10<sup>TH</sup> SEPTEMBER

# WORLD SUICIDE PREVENTION DAY

## THE REALITY

- In 2023, 7,000+ people in the UK died by suicide – 19 lives every day
- Around 180 Muslims die by suicide every year in the UK (estimate)
- For every life lost, many more are silently struggling.

## MYTH VS TRUTH

❌ Myth: Talking about suicide gives people ideas.

✅ Truth: Talking saves lives.

- Silence deepens despair. Mercy and listening bring hope.

## FAITH AS PROTECTION

- Faith gives hope, purpose, and belonging.
- But faith alone does not make us immune.
- That's why compassion, open conversation, and support are vital.

## ISLAM & MENTAL HEALTH

- The Prophet Muhammad ﷺ made du'ā for sadness, grief, and anxiety.
- Just as we treat physical illness, we must support mental health with compassion.

Our Call as a Community  
Talking saves lives. Silence costs lives.

SUICIDE PREVENTION AWARENESS DAY

BE READY FOR A  
CONVERSATION THAT MATTERS

CALL SAMARITANS: 116 123