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To: All Branches

World Suicide Prevention Day 2026 – Thursday 10th September

Advisory note - This LTB contains information about suicide and suicide prevention.

Dear Colleagues,

Thursday 10th September marks World Suicide Prevention Day. It takes place globally each year to raise awareness of suicide, reduce stigma, and encourage action on suicide prevention. The theme spanning 2024, 2025, and 2026 is '**changing the narrative on suicide**'. It's about moving from a culture of silence towards one of understanding and support.

This is the first World Suicide Prevention Day since the publication of BS 30480 Suicide and the Workplace, the first national workplace suicide prevention standard. The CWU took part fully in the pre-consultation process before the publication of BS 30480.

What Makes BS 30480 Different?

BS 30480 presents a holistic, systems-based approach to suicide prevention. It recognises that suicide is rarely the result of one factor, instead, it's a complex interplay between personal, workplace, relationship, and societal pressures. For branches looking at their own training and support development needs, reviewing the BS 30480 standard in full is recommended as an essential first step. [BS 30480 Download](#).

It provides a clear framework for what good looks like. The publication of BS 30480 has been seen by many organisations as a milestone for workplace wellbeing [Breaking the Silence](#).

The CWU is continually striving to be a 'suicide safer' organisation. Each suicide has far-reaching social, emotional and economic consequences and deeply affects individuals and communities worldwide. In recognising the above triennial theme, the CWU is in its third year of '**30 for 30**' training, whereby at least 30 Mental Health First Aiders (MHFAiders) will be trained in 30 days for World Suicide Prevention month. As Part of our Mental Health Strategy Programme, CWU newly trained MHFAiders are also now encouraged to pursue the Royal Society of Public Health Qualification [RSPH Level 3 Award in Mental Health First Aid](#).

Discussions between branches and regions are now encouraged to explore if the 2027 programme of CWU MHFA training is something you may wish to consider. The current CWU MHFA England training includes a session on crisis training for suicide first aid, exploring suicide language and warning signs for suicide.

Working with others

The CWU has recently worked with a suicide prevention organisation called 5asideCHESS, who use the simple motto, **“Your 1st Move is Hello”**.

[What is 5asideCHESS?](#)

They first put their ‘Battling Suicide Bus’ on the road in 2018 and it is now covered in several hundred messages, each written by people who have lost loved ones to suicide. It’s all too easy to quote statistics of lives lost, but every one of these messages on the Bus represents someone’s heartbreaking personal story. [Battling Suicide Bus – 5asideCHESS](#)

They are currently looking for three committed, enthusiastic and self-motivated people to be part the crew for the 2026 battling suicide bus tour of the UK. For further details of this opportunity, or to enquire about a workplace visit you can use the contact us link shown below.

[Contact us 5asideCHESS](#)

It remains hugely important that organisations and trade unions understand the important factors affecting mental ill health by being ready to:

- Identify the signs and symptoms for a range of mental health conditions.
- Provide immediate Mental Health First Aid to someone experiencing a mental health issue or crisis.
- Listen non-judgmentally and hold supportive conversations.
- Signpost people to professional help.

Downloadable Resource

The following links have World Suicide Prevention Day 2026 materials for workplace use:

[World Suicide Prevention Day | Campaigns | Samaritans](#)

[World Suicide Prevention Day - Mental Health UK](#)

[World Suicide Prevention Day 2026 - Every Life Matters](#)

[World Suicide Prevention Day 2026 - Mental Health First Aid England](#)

Learning resource

For any untrained person the thought of identifying risk and intervening can be a daunting prospect. The learning and upskilling resources below can help to aid any needed conversation:

[How to interrupt someone’s suicidal thoughts | Samaritans](#)

[Concerned about someone? - Shining a Light on Suicide](#)

[Funded training courses | Papyrus](#)

[Free online suicide awareness training from the Zero Suicide Alliance](#)

Please remember talking about feelings doesn't have to be scary, there is always hope, clicking on the following link can take you to your nearest support service:

[Mental Health Support Network provided by Chasing the Stigma | Hub of hope](#)

This LTB is shared on behalf of CWU Central Services.

If you have any questions or need any further information, please contact -

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