



# Sock it to Suicide

**World Suicide Prevention Day  
10 Sept 2024**

**Wear your favourite attention grabbing socks to help start the conversation and support suicide prevention.**

Every year over 3,000 Australians die by suicide. It's the leading cause of death in people aged 15–24 years. For Indigenous Australians, suicide rates are twice as high as non-Indigenous Australians. We want you to 'Sock it to Suicide' this World Suicide Prevention Day by wearing your most attention-grabbing socks to show your support. Host a morning tea, start a conversation, and raise important funds to help provide vital prevention education and training in your community. Let's reach zero suicides in Australia.



We all have a role to play.  
Together we can save lives. #WSPD2024

**Scan to get involved**

**When:**

**Where:**

**RSVP and additional info:**

**wellways**

**wellways.org | 1300 111 400**