



NEWSLETTER - January 2017

From the Board

Dear friends and colleagues,

It is amazing - 2017 has arrived !

In this newsletter we highlight some of the events which Befrienders in Japan, Malaysia, Singapore and Thailand undertook as part of World Suicide Prevention Day and were accidentally omitted from the last posting. My sincere apologies.

Japan

BW Tokyo sent a message via their website as well as running an awareness campaign.

BW Osaka distributed a poster to all junior high and high schools in the prefecture.

BW Kumano ran an awareness campaign.

BW Miyazaki- included face-to-face support for the public in cooperation with lawyers, nurses and psychiatric social workers.

Malaysia

BW Johor Bahru celebrated their 10 Anniversary and held a candle lighting ceremony.

BW Kaula Lumpur activities included holding workshops and released a statement on suicide prevention.

Singapore

Continued their Plaster of Silence campaign. This is a conversation starter for people to talk about their feelings and what is happening to them.

Bangkok, Thailand

Have been running a public relations campaign which was intensified during September.

Articles for BW News

For the forthcoming editions of BW News we would like to provide the highlights of our member's recent major projects and special anniversaries. We will also provide further information about new members who have joined us recently. Please send the articles or information that you would like us to include to your Regional Co-ordinator and to the Chair at chair@befrienders.org

Please also do not hesitate to contact your Regional Co-ordinator or any member of the BW Board if you have any questions or comments.

With thanks and best wishes
Peter

Peter Barker (Secretary)

Japan

BW centers in Japan provided 54 hours continuous toll-free helpline from 3rd Sept. 0:00am to 5th Sept. 6:00am prior to 2016 World Suicide Prevention Day and received 212 calls.

Sent a message to people in distress **BW Tokyo Japan**

and having intention to take their lives through our website. We also ran an awareness campaign by handing out free-pocket-tissues with our helpline number to passersby in front of the nearest station. We collect donations on the street in front of the Shinjuku Station once a month to collect money for above toll-free event. We want to let as many people as possible know our Helpline of Suicide Prevention Centre (Japanese name) widely to "Talk to Us!"

BW Osaka Japan



Events for 2016 World Suicide Prevention Day

- Provided toll-free helpline by Suicide Prevention Centers in Japan
- Distributed below poster to all the junior high schools and high schools in Osaka prefecture
- Displayed below poster at Osaka Municipal Subway stations

BW Kumano Japan



BW Kumano Japan ran an awareness campaign by handing out free-pocket-tissues with local service information and Stress Check Test to passersby in front of the local supermarket. The activity was implemented in collaboration with Owase Health Center on 13th September.

BW Miyazaki Japan

Events for Suicide Prevention Week (from 10th to 16th Sept.) set by Office for Policy of Suicide Prevention, Cabinet Office, Japan

1. “Supporting People in Distress” (from 9th to 16th Sept.) -- - Helpline requested by Social Welfare and Public Health Division, Miyazaki prefecture.
2. “One Stop Consulting” (11th Sept.) -- - Face to face supporting for public in cooperation with lawyers, nurses, and psychiatric social workers requested by Social Welfare and Public Health Division, Miyazaki prefecture
3. “Helpline Kyushu Region” (from 12th to 16th Sept.) -- - Helpline
12th, 14th, 16th -- - from 9am to 11pm
13th, 15th -- - from 9am to 8pm
requested by Mental Health & Welfare Division, Miyazaki prefecture.

Malaysia

Befrienders Johor Bahru



Celebrated our 10th Anniversary with a fundraising dinner on 9th Sept 2016.

As it was a day before the World Suicide Prevention Day on 10th September, we started our dinner with a candle lighting ceremony to mark the occasion and observed a moment of silence to remember those who lost their lives to suicide.



Kuala Lumpur

For World Suicide Prevention Day 2016, the activities were:

1. Public Workshop on Suicide Prevention in four different languages (Bahasa Malaysia, English, Mandarin and Tamil) for four consecutive months (Aug, Sep, Oct, Nov).
2. Workshops and exhibition on Suicide Prevention at universities and public hospital throughout the month.
3. Released a statement on Suicide Prevention.
<http://www.thestar.com.my/opinion/letters/2016/09/10/help-to-reduce-risk-of-suicide/>
4. A project on social media, where anyone struggling in life can request for us to send them postcards with friendly message of encouragement.









Befrienders KL

@BefriendersKL

If you're struggling and want us to send you a postcard with message, please DM your name and address. Limited to first 50 DMs only. Pls RT.

RETWEETS 74 LIKES 29



9:48 PM - 10 Sep 2016



Reply to @BefriendersKL



Befrienders KL @BefriendersKL · Sep 10

Jika anda mengalami kesusahan dalam hidup dan ingin kami hantar poskad dengan mesej, sila DM nama dan alamat anda. Untuk 50 DM shj. Sila RT.



Befrienders KL @BefriendersKL · Sep 10

Segala nama dan alamat yang diberi akan dirahsiakan. Terima kasih. All info given in DM will be confidential. Thank you.



Befrienders KL @BefriendersKL · Sep 10

We have way over 50 DMs... but how can we say no now? We'll take DMs for another 10 minutes before closing. Sila DM kami dalam 10 minit ini.



Singapore

As part of World Suicide Prevention Week, Samaritans of Singapore (SOS) continued the Plaster the Silence campaign that encourages everyone to show their support by wearing a black SOS plaster on their inner wrists. This is the second consecutive year SOS is running this campaign

The plaster acts as a conversation starter, emphasising that the first step to suicide prevention is to get people talking about their feelings and what they're going through.

From 5 September to 21 September 2016, supporters will be able to download a virtual plaster, which they can add to their social media profile pictures.

On 10 September 2016, black SOS plasters were also given out at several locations throughout Singapore. Supporters were encouraged to collect the plasters, wear them on their inner wrists and post a photo with a heartfelt caption using the hashtag #HOWRU.

The campaign saw local celebrities, brands, a local media giant, local food and beverage outlets, and entertainment venues stepping up to lend their hand to spread awareness.

Check out the campaign on our social media channels here too:

Face Book page: Wear a plaster. End the silence.

Twitter handle: @sos_howru



Thailand

Bangkok



From the beginning of year 2016 Samaritans of Thailand has carried out continuous campaign in public relations which became more intensified through last week of August to middle of September. Activities included raising fund coupled with raising awareness in suicide prevention. We were thankful to many establishments who donated some spaces for us to set up booths in order to run our activities, which included insurance companies, business complex, etc. Director was invited to appear on TV and gave some interview to the press.

As a result, the number of new clients increased, some of them critical.