

WELLBEING

World Suicide Prevention Day

10th September 2019



According to the International Association for Suicide Prevention (IASP), over 800,000 people die by suicide every year worldwide, representing one person every 40 seconds.

On the 10th September 2019, the world acknowledges one of the most important days on the wellbeing calendar - World Suicide Prevention Day (WSPD).

The awareness day began in 2003 and is hosted by IASP, the World Health Organization and World Federation for Mental Health.

The campaign was created to not only raise awareness of the significant impact of suicide around the globe, but also to promote prevention methods, challenge the social stigma, and taboo surrounding suicide.

Working Together to Prevent Suicide

Carrying on from 2018, this year's theme is 'Working Together to Prevent Suicide', to highlight the essential tool in effective global suicide prevention - collaboration.

The IASP are empowering members of the public to help contribute to the global

effort of preventing suicidal behaviour. To help reach this goal, you can:

Raise awareness: Spread the word on social media and within your community by promoting facts and figures on the impact and prevalence of suicide.

Educate yourself: Learn about the causes of suicide and what warning signs to look out for.

Show compassion: Apply your newly discovered knowledge of the issue and provide a listening ear for those who are in distress in your local community.

Question the stigma: Challenge the boundaries that have been put in place and question the social stigma that surrounds suicide within your social network, family, workplace and community.

Why is WSPD important?

According to recent findings from Samaritans, over 6,000 people a year die from suicide in the UK and ROI. And for every single suicide, a further 25 people make a suicide attempt according to the IASP.

Due to the alarming figures above, clearly there is work to be done to help prevent suicide on a global and local scale. WSPD is the only globally recognised awareness day that directly focuses on the prevention of the 15th leading cause of death in the world - suicide.

How do I get involved in WSPD 2019?

Cycling Around the Globe: This year, IASP is collaborating with Charity Footprints to host the Cycling Around the Globe 2019 challenge. The target of the event is for all participants to collectively cycle the globe (40,075 km / 24,900 miles) between 10 September - 10 October. If you want to get involved, [click here](#) for registration info.

Light a Candle: To show your support for suicide prevention or to remember a lost loved one and the survivors of suicide, IASP are asking you to light a candle at 8pm on the 10th September. [Click here](#) for more info and resources.

Social media: Regardless of how you participate in WSPD, make sure you raise awareness via social media and connect to IASP through [Twitter](#) or [Facebook](#). Don't forget the hashtags; #WSPD, #WSPD19 and #SuicidePrevention.

If you would like more information on suicide prevention, or if you have any other wellbeing concerns, please call our free, 24-hour helpline on: **0800 030 5182**

Or alternatively, visit our portal to view advice articles, webinars and 4-week programmes all aimed at improving your physical and mental wellbeing: www.healthassuredeap.com

TOPICAL

Organ Donation Week

2nd – 8th September 2019



There are currently over 6,800 people waiting for an organ transplant in the UK and Republic of Ireland.

Organ donation week is an awareness campaign aimed at promoting the lifesaving act of organ donation.

The wellbeing event is organised by NHS Blood and Transplant and is held on the first week of September.

What is organ donation?

Organ donation is the act of giving an organ to help save, or enhance the life of someone who needs a transplant. The heart, lungs, cornea, pancreas, liver and small bowel can all be transplanted.

What is a living donor?

A living donor is a person who agrees to donate organs that are not needed for the donor to survive. The most commonly donated organs by a living person is the kidney, as well as parts of the liver. A healthy person can lead a normal life with only one functioning kidney and 40% of their liver.

The average waiting time for a kidney transplant from someone who has died is more than two and a half years. For some ethnic groups and people for whom it is difficult to find a compatible donor, the wait is even longer. And as a result, some people die waiting.

Both the **NHS** and **HSE** have dedicated programmes for individuals who are interested in becoming a living donor.

How can I become an organ donor?

According to the NHS, three people every day die in need of an organ transplant. That's why Organ Donation Week encourages you to consider signing up to become an organ donor.

UK: In the UK, anyone can register to donate their organs and tissue when they die, regardless of their age or medical conditions. To become a donor, you need to **register online** via the NHS Organ Donor Register. Once you are registered, you will receive an NHS Organ Donor Card.

Ireland: You can become an organ donor in Ireland by **registering** for a donor card or by having your wishes noted on your driving licence. Organ donor cards are available from the Irish Kidney Association and in doctors' surgeries and pharmacies.

Both the NHS and HSE recommend that you notify your family of your decision to become a donor, as they will be asked to support organ donation if you are in a position to donate your organs.

Why should I become an organ donor?

The decision to become an organ donor is an important and emotional one. You should consider the impact it will have on the people you love, as well as the people who will benefit from your donation.

For those considering making the decision, we have compiled several reasons to become an organ donor below:

Improving lives: The most clear benefit of donating your organs is the fact that it can significantly improve the lives of those who need a transplant. For some patients, an organ transplant means that they will be able to see again, for others they will no longer have to depend on costly routine treatments to survive.

Helps the grieving process: Despite experiencing a bereavement, many donor families take consolation in knowing their loved one helped save other lives. A single organ donor can save up to eight lives, and if they donate tissue and bone, the same donor can improve up to 50 lives.

It's free: Becoming an organ donor doesn't cost you a penny. Once you have registered your choice, you can continue to live your life, safe in the knowledge that you will be making a positive impact on future generations.

If you would like more information on organ donation, or if you have any other wellbeing concerns, please call our free, 24-hour helpline on: **0800 030 5182**

Or alternatively, visit our portal to view advice articles, webinars and 4-week programmes all aimed at improving your physical and mental wellbeing: www.healthassuredeap.com

LEGAL

Divorce & ending a civil partnership



With approximately 115,000 couples divorcing in England and Wales each year, it is important to be aware of the processes involved.

This article contains an overview of the procedure of a divorce or ending of a civil partnership and applies to the law in England & Wales only, references to other jurisdictions can be found towards the end of the article.

In accordance with the Matrimonial Causes Act 1973, a petition for divorce cannot be presented to the family courts before the end of one year from the date of the marriage. To end a marriage, a petition for divorce may be presented to the court by either party on the basis that the marriage has irretrievably broken down. The court must be satisfied that it has broken down for one of the following five reasons:

Adultery: This can only be used if there has been sexual intercourse between the respondent and a person of the opposite sex.

Behaviour: The respondent has behaved in a way that the other party 'cannot reasonably be expected to live with the respondent'.

Desertion: The respondent has deserted the petitioner for a continuous period of at least 2 years.

2 years separation: The parties have lived separate lives for two years and both parties consent to the divorce.

5 years separation: The parties have lived apart for a continuous period of 5 years, no consent required.

Stage 1 – Petition for the divorce

The divorce petition is intended to be straightforward to complete, with supplementary guidance notes on the form itself. This can be completed by the petitioner, or drafted by a solicitor (D8 form). Supporting documentation must be included such as a marriage certificate, and a fee of £550 is payable on filing the petition.

Stage 2 - Decree Nisi

The next step is for the petitioner to apply for the decree nisi. A decree nisi is a document that confirms the court does not see any reason why the parties cannot divorce.

To obtain a decree nisi, an application must be completed (D84 form). Once the court is satisfied, the decree nisi is pronounced and a copy of the decree nisi is then sent to both parties.

Stage 3 – Decree Absolute

The final step of the procedure is to obtain the decree absolute. This is the legal document that brings the marriage to an end.

Once six weeks has passed since the grant of the decree nisi, the decree absolute can be applied for. To apply for a decree absolute, fill in the notice of application for decree nisi to be made absolute form (Form D36). Both parties will receive a copy of the decree absolute confirming the marriage has ended.

Ending a civil partnership in England & Wales

Ending a civil partnership is a similar process to ending a marriage. A couple can apply to end ('dissolve') a civil partnership if they have been in the partnership for at least a year.

There are 4 reasons for ending a civil partnership: unreasonable behaviour, desertion, lived apart for more than 2 years and/or lived apart for more than 5 years.

The first step is to fill in and complete a dissolution petition (D8 form). A court fee of £550 will be required to file the application.

If the other party agrees to the dissolution, the next step is to apply for a conditional order (D84 form), outlining why the relationship has broken down irretrievably. The conditional order confirms the petitioner has established that the civil partnership has broken down.

The concluding stage is to apply for a final order which is the legal document that confirms the end of the civil partnership (D36 form). The final order can be applied for 6 weeks after the date of the conditional order, or 3 months and 6 weeks if the respondent wishes to apply. Once the parties receive the final order, the civil partnership has legally ended.

More info:

[Scotland, Northern Ireland & Ireland](#)

If you would like to find out more information on any of the topics mentioned in this article, please call our free, 24-hour helpline on: [0800 030 5182](tel:08000305182)

Or alternatively, visit our portal to view advice articles, webinars and 4-week programmes all aimed at improving your physical and mental wellbeing: www.healthassuredeap.com