# Prince William sheds tears over the urgent need to break the silence on suicide



In a deeply moving film released to mark World Mental Health Day, Prince William was brought to tears during a heartfelt conversation with Rhian Mannings, a mother whose life was devastated by the loss of both her young son and husband. Little George died suddenly from pneumonia and influenza A shortly after his first birthday in 2012, and just five days later, Rhian's husband Paul took his own life. Speaking from her home near Cardiff, Mrs Mannings shared with the future king the painful reality of her grief and the profound silence that surrounded her loss for years. She revealed how friends and neighbours often avoided her in the street, fearful of saying the wrong thing, underscoring the persistent stigma that still envelops suicide.

The film, part of the launch of The Royal Foundation of the Prince and Princess of Wales's National Suicide Prevention Network, offers a rare and candid glimpse into the complexities of suicide and its aftermath. During their exchange over Welsh cakes, Mrs Mannings described the overwhelming questions left unanswered by her husband’s death and the loneliness compounded by society's reluctance to confront such pain openly. “I think... we would have been okay,” she told Prince William, expressing a desperate wish that Paul had confided in her about his struggles. The Prince, visibly moved, admitted how hard it is to ask such difficult questions and highlighted the importance of breaking the silence surrounding suicide.

The National Suicide Prevention Network, backed by over £1 million from The Royal Foundation and uniting leading charities across England, Northern Ireland, Scotland, and Wales, aims to address the root causes of suicide and create accessible, evidence-based support for those affected. Professor Ann John, an expert in suicide prevention, will chair the initiative, which seeks to foster collaboration across the UK’s four nations. The network recognises suicide prevention as a complex challenge influenced by personal, social, and economic factors, and strives to develop a unified national response. Latest figures report over 7,000 suicides annually in the UK, highlighting the urgency of this initiative.

Mrs Mannings, who has been honoured with an MBE for establishing the charity 2 Wish Upon A Star, which has supported over 3,000 families in Wales grieving sudden losses of children, emphasised the critical need for public conversations on mental health. “It's okay to struggle; what's important is that you share those struggles,” she said, calling for more consistent and accessible support services. She recounted how support was lacking following the deaths of her son and husband, inspiring her to create a network where bereaved families can connect and prevent others from enduring similar tragedies.

Prince William echoed this sentiment, advocating for openness and early dialogue as key tools in preventing suicide. “The best way to prevent suicide is to talk about it,” he said. The film not only documents a personal story of loss but also serves as a powerful plea to dismantle the stigma surrounding suicide and mental health struggles. Both William and Mrs Mannings hope that by leading these conversations, they can foster understanding and encourage those affected to seek help without shame or fear.

The heartfelt interaction between Rhian Mannings and Prince William underscores the human toll of suicide and the vital importance of compassion and communication in addressing this public health crisis. Their shared vulnerability offers a model for how society might better support those living with grief and mental health challenges, reminding us all of the power of empathy and openness.

### 📌 Reference Map:

* Paragraph 1 – [[1]](https://www.dailymail.co.uk/news/royals/article-15180469/Widow-Prince-William-tears-suicide-husband-friends-shunned-street.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[4]](https://www.upday.com/uk/royal/mother-hopes-william-chat-about-suicide-shows-its-ok-to-talk/v7q2nt2)
* Paragraph 2 – [[1]](https://www.dailymail.co.uk/news/royals/article-15180469/Widow-Prince-William-tears-suicide-husband-friends-shunned-street.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.itv.com/news/2025-10-10/prince-of-wales-overcome-with-emotion-in-film-discussing-impact-of-suicide), [[5]](https://wojna.co.pl/william-fights-back-tears-in-heartbreaking-suicide-talk-34377019.html), [[6]](https://parade.com/news/prince-william-tears-in-new-video-while-sending-an-important-psa-world-mental-health-day)
* Paragraph 3 – [[3]](https://royalfoundation.com/national-suicide-prevention-network/), [[7]](https://www.marieclaire.com/celebrity/royals/prince-william-prince-harry-world-mental-health-day/)
* Paragraph 4 – [[1]](https://www.dailymail.co.uk/news/royals/article-15180469/Widow-Prince-William-tears-suicide-husband-friends-shunned-street.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[4]](https://www.upday.com/uk/royal/mother-hopes-william-chat-about-suicide-shows-its-ok-to-talk/v7q2nt2)
* Paragraph 5 – [[1]](https://www.dailymail.co.uk/news/royals/article-15180469/Widow-Prince-William-tears-suicide-husband-friends-shunned-street.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.itv.com/news/2025-10-10/prince-of-wales-overcome-with-emotion-in-film-discussing-impact-of-suicide), [[6]](https://parade.com/news/prince-william-tears-in-new-video-while-sending-an-important-psa-world-mental-health-day), [[7]](https://www.marieclaire.com/celebrity/royals/prince-william-prince-harry-world-mental-health-day/)

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.dailymail.co.uk/news/royals/article-15180469/Widow-Prince-William-tears-suicide-husband-friends-shunned-street.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://www.itv.com/news/2025-10-10/prince-of-wales-overcome-with-emotion-in-film-discussing-impact-of-suicide> - Prince William became visibly emotional during a conversation with Rhian Mannings, whose son died suddenly in 2012, followed by her husband's suicide five days later. The discussion, filmed to mark World Mental Health Day, highlights the importance of addressing suicide and providing support to those affected. The Royal Foundation's National Suicide Prevention Network aims to transform suicide prevention across the UK. ([itv.com](https://www.itv.com/news/2025-10-10/prince-of-wales-overcome-with-emotion-in-film-discussing-impact-of-suicide?utm_source=openai))
3. <https://royalfoundation.com/national-suicide-prevention-network/> - The Royal Foundation launched the National Suicide Prevention Network on World Mental Health Day, uniting four leading charities from England, Northern Ireland, Scotland, and Wales. The network focuses on understanding the root causes of suicide, ensuring accessible support, and strengthening collaboration to achieve the greatest possible impact. The initiative is backed by over £1 million in funding from The Royal Foundation. ([royalfoundation.com](https://royalfoundation.com/national-suicide-prevention-network/?utm_source=openai))
4. <https://www.upday.com/uk/royal/mother-hopes-william-chat-about-suicide-shows-its-ok-to-talk/v7q2nt2> - Rhian Mannings, who lost her son and husband to suicide, hopes her conversation with Prince William will encourage others to speak out about mental health struggles. The discussion, filmed to mark the launch of the National Suicide Prevention Network, emphasizes the importance of open dialogue and support for those affected by suicide. ([upday.com](https://www.upday.com/uk/royal/mother-hopes-william-chat-about-suicide-shows-its-ok-to-talk/v7q2nt2?utm_source=openai))
5. <https://wojna.co.pl/william-fights-back-tears-in-heartbreaking-suicide-talk-34377019.html> - Prince William fought back tears during an emotional conversation with Rhian Mannings about suicide prevention. The film, released on World Mental Health Day, highlights the devastating impact of suicide and the urgent need for better support systems. The Royal Foundation's National Suicide Prevention Network aims to address this issue across the UK. ([wojna.co.pl](https://wojna.co.pl/william-fights-back-tears-in-heartbreaking-suicide-talk-34377019.html?utm_source=openai))
6. <https://parade.com/news/prince-william-tears-in-new-video-while-sending-an-important-psa-world-mental-health-day> - Prince William shared an emotional video addressing suicide and child loss for World Mental Health Day. He highlighted the importance of discussing suicide: 'The best way to prevent suicide is to talk about it.' The video features his conversation with Rhian Mannings, whose son and husband died within days of each other. ([parade.com](https://parade.com/news/prince-william-tears-in-new-video-while-sending-an-important-psa-world-mental-health-day?utm_source=openai))
7. <https://www.marieclaire.com/celebrity/royals/prince-william-prince-harry-world-mental-health-day/> - Prince William released a new short film announcing the launch of The Royal Foundation's National Suicide Prevention Network. The film features Rhian Mannings MBE, whose husband died by suicide just five days after they lost their 1-year-old son, George, in 2012. The network aims to transform suicide prevention across the UK. ([marieclaire.com](https://www.marieclaire.com/celebrity/royals/prince-william-prince-harry-world-mental-health-day/?utm_source=openai))