



Shine a Light on SUICIDE PREVENTION

Suicide prevention is important every day of the year. The month of September gives us an opportunity to shine an encouraging light on a topic that affects us all, and send a clear, hopeful message that help is available, and suicide can be prevented.

World Suicide
Prevention Day
9/10/23

National Suicide
Prevention Week
9/11/23-9/16/23

Suicide Prevention
Awareness Month
9/1/23-9/30/23

HERE ARE SOME WAYS WE CAN MAKE A DIFFERENCE THROUGHOUT THE MONTH AND ALL YEAR LONG :

- 💡 Educate yourself and others about the warning signs, risk factors, and protective factors for suicide.
- 💡 Make it ok for everyone to talk about mental health and stigma.
- 💡 Help to build a kinder world.
- 💡 Learn the five action steps for communicating with someone who may be suicidal
- 💡 Discover solidarity and community through shared storytelling around mental health.