



## SUICIDE PREVENTION MONTH IDEAS FOR ACTION SEPTEMBER 2021

### 1. LEARN ABOUT EFFECTIVE SUICIDE PREVENTION

by watching and sharing a brief video overview of SPRC's Effective Suicide Prevention Model:

<http://www.sprc.org/micro-learning/effective-suicide-prevention>

### 2. ENGAGE

people with lived experience in your prevention efforts using these resources:

A brief video explaining lived experience

<http://www.sprc.org/micro-learning/leah-harris-lived-experience-what-it-how-include-it>

A toolkit to involve people with lived experience in prevention efforts

<http://www.sprc.org/livedexperiencetoolkit/about>

A lived experience story about what makes a difference

<http://www.sprc.org/micro-learning/lived-experience-story-about-what-makes-difference-0>

### 3. CREATE SAFE AND EFFECTIVE MESSAGES

for the public that promote hope, recovery, and resilience using the *Framework for Successful Messaging*:

<http://suicidepreventionmessaging.org>

### 4. INFORM THE MEDIA

that they play an important role in suicide prevention by sharing the Recommendations for Reporting on Suicide with print, online, radio, and television media contacts:

<http://reportingonsuicide.org>

### 5. JOIN

the National Action Alliance for Suicide Prevention's ([Action Alliance](#)) collective #BeThere messaging effort:

Use #BeThere and #SPM21 on Twitter to educate the public about the many ways to support those who are struggling

<https://twitter.com/search?vertical=default&q=%23BeThere>

Visit the Action Alliance's #BeThere webpage to learn more

<https://theactionalliance.org/bethere>

Sign up to receive updates from the Action Alliance

<https://theactionalliance.org/join-our-mailing-list?email=>

### 6. EMPOWER EVERYONE

to help prevent suicide by promoting:

Resources to support mental health and coping with the COVID-19 pandemic

<https://sprc.org/COVID19>

Tools to help states and communities build a strong state suicide prevention infrastructure

<https://sprc.org/state-infrastructure>

## 7. ENCOURAGE HELP-SEEKING

by spreading the word about these crisis services:

**The National Suicide Prevention Lifeline provides free, confidential, 24/7 support by phone** [1-800-273-TALK (8255)] or online chat <http://www.suicidepreventionlifeline.org>

**Crisis Text Line provides free, confidential, 24/7 support by text** [text HOME to 741741 from anywhere in the U.S.] <https://www.crisistextline.org>

## 8. SUPPORT

the National Suicide Prevention Lifeline's ([Lifeline](#)) **#BeThe1To** movement by learning the five steps that can save a life and sharing them with others:

- (1) ask
- (2) keep them safe
- (3) be there
- (4) help them connect
- (5) follow up

<http://www.bethe1to.com/join>

## 9. ON SEPTEMBER 10, GET INVOLVED IN

**World Suicide Prevention Day** using ideas from the International Association for Suicide Prevention ([IASP](#)): <https://www.iasp.info/wspd2021>

**National American Indian/Alaska Native Hope for Life Day** using the Action Alliance toolkit:

<https://theactionalliance.org/communities/american-indian-alaska-native/hope-life-day>

## 10. PARTICIPATE

in a **National Suicide Prevention Week event** hosted by the American Foundation for Suicide Prevention ([AFSP](#)): <https://afsp.org/keepgoing>

## 11. PROMOTE

Suicide Prevention Awareness Month using materials from the National Alliance on Mental Illness ([NAMI](#)), such as crisis and information resources and social media content <http://www.nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Awareness-Month>

## 12. EXPLORE WAYS

to **#BeThere** for a veteran or service member—whether you have one minute, one hour, or more—with resources from the [Veterans Crisis Line](#) <https://www.veteranscrisisline.net/BeThereSupport.aspx>

## 13. SHARE RESOURCES

that promote healing:

**A Journey Toward Health & Hope Handbook for Recovery after a Suicide Attempt**

<https://store.samhsa.gov/product/A-Journey-Toward-Health-And-Hope-Your-Handbook-For-Recovery-After-a-Suicide-Attempt/SMA15-4419>

**Resources related to survivors of suicide loss**

<http://www.sprc.org/populations/suicide-loss>

<http://www.suicidology.org/suicide-survivors/suicide-loss-survivors>

<https://afsp.org/find-support/ive-lost-someone>

## 14. TAKE FIVE MINUTES

to complete five action items developed by the National Council for Suicide Prevention ([NCSP](#)) for their **Take 5 to Save Lives** campaign:

- (1) learn the signs
- (2) do your part
- (3) practice self-care
- (4) reach out
- (5) spread the word

<https://www.take5tosavelives.org/take-5-steps>



Suicide Prevention Resource Center  
[www.sprc.org](http://www.sprc.org)

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