



# SUICIDE PREVENTION MONTH

## IDEAS FOR ACTION

### SEPTEMBER 2022

#### 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**

<https://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**

<https://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 and 988 Media Toolkit:

<http://reportingonsuicide.org>

<http://ow.ly/7kHj50JWtIj>

#### 5. JOIN

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

Use #BeThere and #SPM22 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

states, tribes, territories, and communities to prevent suicide by promoting:

**Resources for implementing the 988 Suicide & Crisis Lifeline**

<https://sprc.org/988>

**Tools for establishing a strong state suicide prevention infrastructure**

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

## 7. ENCOURAGE HELP-SEEKING

by spreading the word about these crisis services:

**The 988 Suicide & Crisis Lifeline provides free, confidential, 24/7 support by phone** [call or text 988 from anywhere in the U.S.] and online chat <https://988lifeline.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 988 Suicide & Crisis 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/wspd>

**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 an **Out of the Darkness Community Walk** hosted by the American Foundation for Suicide Prevention ([AFSP](#)): <https://afsp.org>

## 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 **#REACH** out to a veteran or service member—whether you have one minute, one hour, or more—with resources from the [Veterans Crisis Line](#): <https://www.va.gov/REACH>

## 13. SHARE RESOURCES

that promote healing:

**A Journey toward Health and Hope: Your 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>  
<https://suicidology.org/resources/suicide-loss-survivors>  
<https://afsp.org/live-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) know how to find help
- (3) do something to get involved
- (4) talk about suicide prevention
- (5) share the 5 steps

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



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

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