



# SUICIDE PREVENTION MONTH

## IDEAS FOR ACTION

SEPTEMBER 2023

### 1. LEARN ABOUT EFFECTIVE SUICIDE PREVENTION

by watching and sharing a brief video overview of SPRC's [Effective Suicide Prevention Model](#)

### 2. CENTER

lived experience in your prevention efforts with these resources:

SPRC's [Key to Success](#) webpage

Perspectives from SPRC's [Lived Experience Advisory Committee](#)

A brief [video](#) about lived experience

### 3. SHARE RESOURCES

that promote healing:

[A Journey Toward Health and Hope: Your Handbook for Recovery After a Suicide Attempt](#)

[Resources](#) for survivors of suicide loss

### 4. CREATE SAFE AND EFFECTIVE MESSAGES

that promote hope and help-seeking using the [Framework for Successful Messaging](#) and the [988 Messaging Framework](#)

### 5. INFORM THE MEDIA

that they play an important role in suicide prevention by sharing the [Recommendations for Reporting on Suicide](#)

### 6. JOIN

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

Use [#BeThere](#) and [#SPM23](#) on social media to educate the public about ways to support those who are struggling

Join the Action Alliance's [#BeThere Twitter chat](#) on September 5 at 1 p.m. ET

Sign up to receive [updates](#) from the Action Alliance

### 7. EMPOWER

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

Tools for establishing a strong [state suicide prevention infrastructure](#)

Findings from SPRC's [state and territorial](#) and [tribal](#) needs assessments

[Resources](#) for implementing the 988 Suicide & Crisis Lifeline

## 8. ENCOURAGE HELP-SEEKING

by spreading the word about these crisis services:

The **988 Suicide & Crisis Lifeline (Lifeline)** provides free, confidential, 24/7 support by phone [call or text 988 from anywhere in the U.S.] and [online chat](#). Use the [988 Partner Toolkit](#) to tailor messages for your audiences.

[Crisis Text Line](#) provides free, confidential, 24/7 support by text [text HOME to 741741 from anywhere in the U.S.]

## 9. 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) be there
- (3) help keep them safe
- (4) help them connect
- (5) follow up

## 10. ON SEPTEMBER 10, GET INVOLVED IN

**World Suicide Prevention Day** using [ideas](#) from the International Association for Suicide Prevention ([IASP](#)):

**National American Indian/Alaska Native Hope for Life Day** using the Action Alliance [toolkit](#)

## 11. PARTICIPATE

in an [Out of the Darkness Community Walk](#) hosted by the American Foundation for Suicide Prevention ([AFSP](#))

## 12. PROMOTE

Suicide Prevention Awareness Month using [materials](#) from the National Alliance on Mental Illness ([NAMI](#)), such as social media content and personal stories

## 13. 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](#)

## 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

## 15. SCAN THE QR CODE

to access these resources on your mobile device:



<https://sprc.org/online-library/suicide-prevention-month-ideas-for-action>



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

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