



SUICIDE PREVENTION MONTH

IDEAS FOR ACTION

SEPTEMBER 2024

1. GET STRATEGIC

in your prevention efforts by:

Implementing the recommendations in the 2024 [National Strategy for Suicide Prevention](#)

Watching a brief video overview of SPRC's [Effective Suicide Prevention Model](#)

2. CENTER LIVED EXPERIENCE

with these resources:

SPRC's "[Centering Lived Experience](#)" 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, 988 Messaging Framework](#), and [988 Formative Research](#)

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 [#SPM24](#) on social media to educate the public about ways to support those who are struggling

Join the Action Alliance's [#BeThere Twitter/X chat](#) on September 9 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

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 and get involved in [988 Day](#) on September 8!

[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. 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

11. EXPLORE WAYS

to **#REACH** out to a military veteran or service member—whether you have one minute, one hour, or more—with resources from the [Veterans Crisis Line](#)

12. 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](#)

13. PARTICIPATE

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

14. PROMOTE

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

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

The Suicide Prevention Resource Center at the University of Oklahoma Health Sciences Center is supported by a grant from the U.S. Department of Health and Human Services (HHS), Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services (CMHS), under Grant No. 1H79SM083028. The views, opinions, and content expressed in this product do not necessarily reflect the views, opinions, or policies of CMHS, SAMHSA, or HHS.