



# SUICIDE PREVENTION MONTH

## IDEAS FOR ACTION

SEPTEMBER 2025

### 1. LEARN

about suicide prevention by:

Reading about [suicide and suicidal behavior](#)

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

### 2. CENTER LIVED EXPERIENCE

with these resources:

SPRC's "[Centering Lived Experience](#)" webpage

Perspectives from our [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

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 #SPM25 on social media to educate the public about ways to support those who are struggling

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

### 7. ENHANCE THE CAPACITY

of states, territories, and Tribes 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

[State Infrastructure Success Stories](#)

## 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

## 10. 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](#)

## 11. PROMOTE

Suicide Prevention Awareness Month using the Substance Abuse and Mental Health Services Administration's ([SAMHSA](#)) [toolkit](#)

## 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. TAKE FIVE MINUTES

to complete [five action items](#) in the National Council for Suicide Prevention's ([NCSP](#)) [Take 5 to Save Lives](#) campaign

## 14. PARTICIPATE

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

## 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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